

\* Exported from MasterCook \*

## Almond Apple Crisp

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
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1	tablespoon	water
1	teaspoon	almond extract
6	cups	sliced unpeeled tart eating apples (about 4 medium)
1/2	cup	coarsely crushed zwieback crumbs
2	tablespoons	all-purpose flour
2	tablespoons	sugar
2	tablespoons	chopped almonds
1/2	teaspoon	ground cinnamon
3	tablespoons	reduced-fat margarine
		Yogurt Topping -- (recipe follows)

### YOGURT TOPPING

1/2	cup	plain nonfat yogurt
1/8	teaspoon	almond extract
1	teaspoon	sugar

Heat oven to 375°. Mix water and almond extract; toss with apples in 1 1/2-quart casserole sprayed with nonstick cooking spray. Mix remaining ingredients except Yogurt Topping until crumbly; sprinkle over apples.

Bake until top is golden brown and apples are tender, about 30 minutes.  
Serve warm with Yogurt Topping.

### YOGURT TOPPING:

Mix all ingredients.

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Per serving: 166 Calories (kcal); 5g Total Fat; (27% calories from fat); 3g Protein; 29g Carbohydrate; 1mg Cholesterol; 94mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 26659 1626 0 0 0 0 20100 2130706543 0 0 0 0 0

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### Amaretto Brownies

Recipe By :  
Serving Size : 39 Preparation Time : 0:00  
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	blanched whole almonds -- toasted
1	(8 ounce) package	semisweet baking chocolate
1/3	cup	butter or margarine
1 1/4	cups	all-purpose flour
1	cup	sugar
2	tablespoons	amaretto
1	teaspoon	baking powder
1/2	teaspoon	salt
2		eggs

## Amaretto Frosting -- (recipe follows)

### AMARETTO FROSTING

- 2 cups powdered sugar
- 3 tablespoons butter or margarine -- softened
- 1 tablespoon amaretto
- 1 tablespoon milk (1 to 2 tablespoons)

Heat oven to 350°. Grease rectangular pan, 13 × 9 × 2 inches. Place 1/3 cup of the almonds in food processor. Cover and process, using quick on-and-off motions, until almonds are ground; set aside. Chop remaining 1/3 cup almonds; reserve.

Melt chocolate and butter in 3-quart saucepan over low heat, stirring frequently; remove from heat. Stir in ground almonds and remaining ingredients except Amaretto Frosting. Spread in pan.

Bake 22 to 27 minutes or until toothpick inserted in center comes out clean. Cool completely. Prepare Amaretto Frosting. Spread on brownies. Sprinkle with reserved chopped almonds. Cut into about 3 × 1-inch bars.

### AMARETTO FROSTING:

Mix all ingredients until smooth.

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Yield:

"39 Brownies"

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Per serving: 129 Calories (kcal); 6g Total Fat; (38% calories from fat); 1g Protein; 19g Carbohydrate; 16mg Cholesterol; 69mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1 Fat; 1 Other Carbohydrates

Nutr. Assoc. #2277 1353 222 0 0 0 0 0 3218 2130706543 0 ■ 222 0 4038

\* Exported from MasterCook \*

### Apple Cinnamon Popcorn

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
1	bag	94% fat-free butter or natural flavor microwave popcorn -- popped (12 cups)
1	cup	Apple-Cinnamon Cheerios®
1/2	cup	dried apple pieces
1	teaspoon	ground cinnamon

Toss all ingredients in large bowl. Store loosely covered.

6 servings (about 2 cups each)

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Per serving: 63 Calories (kcal); 1g Total Fat; (9% calories from fat); 1g Protein; 14g Carbohydrate; 0mg Cholesterol; 78mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1493 1097 514 0

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### Apple-Rhubarb Bread

Recipe By :

Serving Size : 48 Preparation Time :0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	finely chopped rhubarb (1/2 pound)
1 1/2	cups	chopped peeled or unpeeled apples (1 1/2 medium)
1 1/2	cups	sugar
1/2	cup	vegetable oil
1	teaspoon	vanilla
4		eggs
3	cups	all-purpose flour
1	cup	chopped walnuts or pecans -- if desired
3 1/2	teaspoons	baking powder
1	teaspoon	salt
1	teaspoon	ground cinnamon

Move oven rack to low position so that tops of pans will be in center of oven. Heat oven to 350°. Grease bottoms only of 2 loaf pans, 8 1/2 x 4 1/2 x 2 1/2 or 9 x 5 x 3 inches. Mix rhubarb, apples, sugar, oil, vanilla and eggs in large bowl. Stir in remaining ingredients. Pour into pans.

Bake 50 to 60 minutes or until toothpick inserted in center comes out

clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans to wire rack. Cool completely before slicing.

2 loaves (24 slices each)

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Yield:  
"2 Loaves"

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Per serving: 98 Calories (kcal); 4g Total Fat; (38% calories from fat); 2g Protein; 13g Carbohydrate; 16mg Cholesterol; 85mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 1248 26658 0 0 0 3218 0 20187 0 0 0

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### Apple-Stuffed Chicken Breasts

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Grilling Poultry

Amount	Measure	Ingredient	-- Preparation Method
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- 1       pound skinless boneless chicken breast halves (4  
          breasts)
- 2       tablespoons sugar
- 1/4     teaspoon ground cinnamon
- 2       medium tart cooking apples — peeled and cut into thin slices
- 1       cup apple cider
- 1       tablespoon cornstarch

Heat coals or gas grill. Place chicken breast halves between 2 pieces of waxed paper. Pound chicken to 1/8-inch thickness. Mix sugar and cinnamon. Coat apple slices with sugar mixture. Divide apple slices among chicken breast halves. Fold chicken around apples; secure with toothpicks.

Cover and grill chicken 4 to 6 inches from medium heat 20 to 25 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut. Remove toothpicks.

Mix apple cider and cornstarch in 1-quart saucepan. Cook over medium heat, stirring constantly, until thickened and bubbly. Spoon over chicken.

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Per serving: 217 Calories (kcal); 2g Total Fat; (6% calories from fat); 26g Protein; 23g Carbohydrate; 66mg Cholesterol; 77mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : To add a savory kick to this sweetened chicken, add 1 teaspoon chopped fresh sage leaves to the cinnamon-sugar mixture.

Nutr. Assoc. #26033 0 0 5260 0 0

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### Apricot-Glazed Pork

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Meat Pork

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	chili oil
1	pound	pork tenderloin -- cut into 2 = 2 x 1/4-inch slices
1	(16 ounce)	package frozen broccoli, cauliflower and carrots
3	tablespoons	apricot preserves
1	tablespoon	black bean sauce

Heat wok or 12-inch skillet over high heat until hot. Add oil; rotate wok to coat sides. Add pork; stir-fry 4 to 5 minutes or until no longer pink. Add vegetables; stir-fry 2 minutes. Stir in preserves and black bean sauce; cook and stir 30 seconds or until heated through.

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Per serving: 237 Calories (kcal); 8g Total Fat; (29% calories from fat); 27g Protein; 16g Carbohydrate; 74mg Cholesterol; 137mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 4267 0 3439 0 0

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### Autumn Pork Chops

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meat Pork

Amount	Measure	Ingredient -- Preparation Method
1		medium acorn squash -- cut into 6 rings and seeded
2	tablespoons	margarine or butter
6		pork loin or rib chops -- about 1/2 inch thick
2	teaspoons	chopped fresh oregano
		OR
1/2	teaspoon	dried oregano
1/2	teaspoon	salt
1/8	teaspoon	pepper
1		medium onion -- sliced
2		medium unpeeled cooking apples -- cut into wedges
2	tablespoons	honey
2	tablespoons	water

Heat oven to 375°. Place squash in ungreased rectangular baking dish, 13 × 9 × 2 inches. Heat 1 tablespoon of the margarine in 10-inch skillet over medium heat until melted. Cook pork, turning once, until brown. Place pork on top of squash; sprinkle with oregano, salt and pepper. Place onion on pork; top with apple. Mix honey and water; pour over apples. Dot with remaining 1 tablespoon margarine. Cover and bake 50 to 60 minutes or until pork is no longer pink in center and squash is tender. Serve pan drippings with pork if desired.

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Per serving: 272 Calories (kcal); 12g Total Fat; (39% calories from fat); 19g Protein; 22g Carbohydrate; 52mg Cholesterol; 261mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 222 9116 0 0 2130706543 0 0 0 30 0 0

\* Exported from MasterCook \*

### Baked Brown Bread

Recipe By :  
Serving Size : 24 Preparation Time :0:00  
Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	plain nonfat yogurt
1/4	cup	reduced-fat sour cream
1	cup	unsweetened grape juice
1/4	cup	reduced-calorie maple-flavored syrup
1	cup	stone-ground or degerminated cornmeal
1	cup	all-purpose flour
1	cup	rye flour
2	teaspoons	grated orange peel
1	teaspoon	baking powder

- 1      teaspoon baking soda
- 1      teaspoon ground cinnamon
- 1/2    teaspoon salt
- 1      tablespoon frozen (thawed) apple juice concentrate

Heat oven to 350°. Spray loaf pan, 9 × 5 × 3 or 8 1/2 × 4 1/2 × 2 1/2 inches, with nonstick cooking spray. Mix yogurt, sour cream, grape juice and maple syrup in large bowl. Stir in remaining ingredients except apple juice concentrate. Spread in pan.

Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Remove from pan. Brush with apple juice concentrate. Cool completely on wire rack before slicing.

1 loaf (24 slices)

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Yield:  
"1 Loaf"

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Per serving: 72 Calories (kcal); trace Total Fat, (3% calories from fat); 2g Protein; 15g Carbohydrate; trace Cholesterol; 129mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 5042 654 0 3048 0 0 0 0 0 0 2061

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## Baked Eggplant with Two Cheeses

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Breads and Sides Vegetables

Amount	Measure	Ingredient -- Preparation Method
1		medium eggplant (1 1/2 pounds)
1	(14 1/2 ounce)	can stewed tomatoes -- undrained
2	teaspoons	sugar
1	teaspoon	all-purpose flour
1/2	teaspoon	salt
1/2	teaspoon	garlic powder
1/2	teaspoon	paprika
1/4	teaspoon	dried oregano leaves
1/4	teaspoon	pepper
2/3	cup	shredded reduced-fat Swiss cheese
		OR
2/3	cup	shredded reduced-fat Mozzarella cheese
2	tablespoons	grated Parmesan cheese

Heat oven to 350°. Spray rectangular baking dish, 11 x 7 x 1 1/2 inches, with nonstick cooking spray. Cut unpeeled eggplant into 1/2-inch slices. Place in 3-quart saucepan; cover with water (salted if desired). Heat to boiling; reduce heat. Cover and simmer 5 minutes; drain and pat dry.

Mix remaining ingredients except cheeses in 2-quart saucepan. Cook over medium-high heat about 5 minutes, stirring frequently, until slightly thickened.

Place eggplant in baking dish; top with tomato mixture and cheeses. Cover and bake 20 minutes. Uncover and bake about 10 minutes longer or until light brown.

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Description:

"You'll never believe this dish, oozing with cheese, is low in fat!"

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Per serving: 117 Calories (kcal); 2g Total Fat, (15% calories from fat); 9g Protein; 18g Carbohydrate; 9mg Cholesterol; 393mg Sodium  
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 0 Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26407 0 0 0 0 0 0 3133 0 26151 0 2130706543 0

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# Baked Halibut with Tomatoes and Spices

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1		large onion -- sliced
2		cloves garlic -- chopped
2		jalapeño chilis -- seeded and chopped
1	(16 ounce) can	whole tomatoes -- drained and chopped
2	tablespoons	white vinegar
1 1/4	teaspoons	ground cumin
3/4	teaspoon	ground coriander
4		halibut or other lean fish steaks -- about 1 inch thick (about 2 pounds)
		Chopped fresh cilantro -- if desired

Heat oven to 350°. Spray 10-inch nonstick skillet with nonstick cooking spray. Cook onion, garlic and chilis in skillet over medium heat, stirring frequently, until onion is tender; reduce heat. Stir in remaining ingredients except fish steaks. Simmer uncovered over low heat 5 minutes, stirring occasionally.

Arrange fish in ungreased rectangular baking dish, 11 x 7 x 1 1/2 inches. Spoon tomato mixture over fish. Bake uncovered 25 to 30 minutes or until fish flakes easily with fork. Sprinkle with cilantro.

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Per serving: 228 Calories (kcal); 4g Total Fat; (17% calories from fat); 37g Protein; 9g Carbohydrate; 54mg Cholesterol; 262mg Sodium  
Food Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 26360 2470 0 0 0 3647 0

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Baked Herb Omelet

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Eggs Meatless

Amount	Measure	Ingredient -- Preparation Method
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1	medium	onion -- chopped (1/2 cup)
1/2	cup	shredded part-skim Mozzarella cheese (2 ounces)
1 1/2	cups	skim milk
1	cup	fat-free cholesterol-free egg product
		OR
2		eggs
		PLUS
3		egg whites
1/3	cup	all-purpose flour
1/2	teaspoon	baking powder
1/2	teaspoon	dried basil leaves
1/2	teaspoon	dried oregano leaves
1/4	teaspoon	salt
3/4	cup	salsa

Heat oven to 350°. Spray pie plate, 9" = 1 1/4 inches, with nonstick cooking spray. Sprinkle onion and cheese in bottom of pie plate. Place remaining ingredients except salsa in blender. Cover and blend on medium-high speed about 30 seconds or until smooth. Pour into pie plate.

Bake about 40 minutes or until knife inserted in center comes out clean. Let stand 5 minutes. Cut into wedges. Serve with salsa.

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T(Bake):

"0:40"

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Per serving: 107 Calories (kcal); 2g Total Fat; (16% calories from fat); 9g Protein; 13g Carbohydrate; 6mg Cholesterol; 409mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 921 0 3220 0 2130706543 0 2130706543 ■ ■ 3091 3133 0 0

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### Baked Lemon Chicken

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1		pound skinless boneless chicken breast halves (4 halves)
1		egg white
1	teaspoon	water
1/4	cup	all-purpose flour
1	teaspoon	baking soda
1/4	teaspoon	ground red pepper (cayenne) -- if desired (1/4 to 1/2 teaspoon)
		Chinese Lemon Sauce -- (recipe follows)
		Chopped green onions and lemon slices

### CHINESE LEMON SAUCE

1/3	cup	fat-free reduced-sodium chicken broth
1/4	cup	sugar
1 1/2	teaspoons	grated lemon peel
3	tablespoons	lemon juice
2	tablespoons	rice vinegar
2	tablespoons	light corn syrup
1	clove	garlic -- finely chopped
		OR

1/2 teaspoon garlic powder  
1/4 teaspoon salt  
2 teaspoons cornstarch  
2 teaspoons cold water

Cut breasts crosswise in half. Mix egg white and water in medium bowl. Add chicken; turn chicken to coat. Let stand 10 minutes. Heat oven to 450°. Spray nonstick cookie sheet with nonstick cooking spray. Remove chicken from egg white mixture; discard mixture. Mix flour, baking soda and red pepper in plastic bag. Add 1 chicken piece at a time. Seal bag and shake to coat chicken. Place chicken on cookie sheet; spray with cooking spray about 5 seconds or until surface of chicken appears moist.

Bake uncovered 20 to 25 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut. Meanwhile, prepare Chinese Lemon Sauce. Let chicken stand 5 minutes; cut each piece crosswise into about 5 slices. Pour sauce over chicken. Garnish with green onion and lemon slices.

#### CHINESE LEMON SAUCE:

Heat broth, sugar, lemon peel, lemon juice, vinegar, corn syrup, garlic and salt to boiling in 1-quart saucepan, stirring occasionally. Mix cornstarch and cold water; stir into sauce. Cook and stir about 30 seconds or until thickened. Serve warm, or cover and refrigerate up to 2 weeks.

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Per serving: 248 Calories (kcal); 2g Total Fat; (5% calories from fat); 29g Protein; 30g Carbohydrate; 66mg Cholesterol; 590mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 2313 0 0 0 0 272 2130706543 0 0 0 20116 ■ 20084 0 0 0 0 0 0  
0 0 0

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### Baked Pita Chips

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
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4		whole wheat pita breads (6 inches in diameter)
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Heat oven to 400°. Cut around outside edges of pita breads to separate layers. Cut each layer into 8 wedges. Place in single layer on 2 ungreased cookie sheets. Bake about 9 minutes or until crisp and light brown; cool.

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T(Bake):  
"0:09"

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Per serving: 85 Calories (kcal); 1g Total Fat; (8% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 170mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 26190

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### Baked Pork Chops with Glazed Apples

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meat Pork

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	margarine or butter
6		pork loin or rib chops -- about 1/2 inch thick
3	medium	unpeeled cooking apples -- cored and cut into 1/2-inch rings
1/4	cup	packed brown sugar
1/2	teaspoon	ground cinnamon

Heat oven to 350°. Heat 1 tablespoon of the margarine in 12-inch skillet over medium heat until melted. Cook pork, turning once, until brown. Place pork chops in ungreased rectangular baking dish, 13 1/2 x 9 = 2 inches. Place apple rings on pork. Sprinkle with sugar and cinnamon. Dot with 1 tablespoon margarine. Cover and bake about 45 to 55 minutes or until pork is no longer pink in center.

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Per serving: 263 Calories (kcal); 12g Total Fat; (41% calories from fat); 19g Protein; 20g Carbohydrate; 41mg Cholesterol; 89mg Sodium  
 Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Try Rome Beauty apples for this easy pork dish. The red peel will delicately tint the white apple slices a soft rosy pink.  
 Nutr. Assoc. : 4098 9116 30 0 0

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#### Balsamic Pork with Mixed-Herb Brush

Recipe By :  
 Serving Size : 6 Preparation Time : 0:00  
 Categories : Grilling Meat  
 Pork

Amount	Measure	Ingredient -- Preparation Method
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2	(3/4-pound)	pork tenderloins (about 1 1/2 pounds)
8	large sprigs	rosemary
8	large sprigs	thyme
1/2	cup	balsamic vinegar
1/4	cup	olive or vegetable oil

Cut each pork tenderloin crosswise into 6 pieces. Press each piece, cut side down, to form a round, about 1 1/2 inches thick. If end pieces are thin, coil into round fillets; secure with toothpicks. Place rosemary and thyme sprigs in nonmetal dish or heavy-duty resealable plastic bag. Stir in vinegar and oil. Add pork, turning to coat with marinade. Cover dish or seal bag and refrigerate, turning pork 2 to 3 times, at least 1 hour but no longer than 24 hours.



Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove pork and herbs from marinade; reserve marinade. Place herbs directly on hot coals. Immediately cover and grill pork 4 to 5 inches from medium heat 7 minutes, turning and brushing frequently with marinade. Discard any remaining marinade. Cover and grill pork 6 to 8 minutes longer, turning frequently, until slightly pink in center. Remove toothpicks.

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Please note that although this recipe contains ingredients that are not fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed.

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Per serving: 249 Calories (kcal); 14g Total Fat; (49% calories from fat); 25g Protein; 8g Carbohydrate; 74mg Cholesterol; 62mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; ■ Other Carbohydrates

NOTES : To prevent overcooking, the thin ends of the tenderloin are coiled into round fillets and secured with toothpicks.  
Nutr. Assoc. : 27121 0 0 0 986

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Banana-Gingerbread Muffins

Recipe By :

Serving Size : 16 Preparation Time :0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1	(14 1/2 ounce)	package gingerbread cake and cookie mix
2		ripe medium bananas -- mashed (1 cup)
3/4	cup	quick-cooking oats
3/4	cup	water
2		eggs

Heat oven to 375°. Grease bottoms only of 16 medium muffin cups, 2 1/2 x 1 1/4 inches, or line with paper baking cups. Mix all ingredients until well blended. Divide batter evenly among muffin cups.

Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Immediately remove from pan.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:

"16 Muffins"

---

Per serving: 149 Calories (kcal); 4g Total Fat; (26% calories from fat); 3g Protein; 25g Carbohydrate; 23mg Cholesterol; 176mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. #3522 26344 0 0 3218

\* Exported from MasterCook \*

## Basil Pepper Biscuits

Recipe By :

Serving Size : 10 Preparation Time : 0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1/4	cup	shortening
2	cups	all-purpose flour
		OR
2	cups	whole wheat flour
2	tablespoons	chopped fresh basil
		OR
2	teaspoons	dried basil leaves
1	tablespoon	sugar -- if desired
3	teaspoons	baking powder
1	teaspoon	salt
1	teaspoon	cracked black pepper
3/4	cup	milk (about)

Heat oven to 450°. Cut shortening into remaining ingredients except milk in medium bowl with pastry blender or 2 knives until mixture resembles fine crumbs. Stir in just enough milk so dough leaves side of bowl and forms a ball. (Too much milk will make dough sticky; not enough will make biscuits dry.)

Turn dough onto lightly floured surface. Knead lightly 20 to 25 times. Roll or pat 1/2 inch thick. Cut with floured 2 1/2-inch biscuit cutter. Place on ungreased cookie sheet about 1 inch apart for crusty sides, touching for soft sides.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheet. Serve warm.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Yield:  
"10 Biscuits"

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Per serving: 154 Calories (kcal); 6g Total Fat; (35% calories from fat); 3g Protein; 22g Carbohydrate; 2mg Cholesterol; 369mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 2130706543 0 0 2130706543 0 0 0 0 4138

\* Exported from MasterCook \*

### Bean-Cheese Pie

Recipe By :  
Serving Size : 8 Preparation Time : 0:00  
Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	all-purpose flour
1	cup	shredded Cheddar cheese (4 ounces)
1 1/2	teaspoons	baking powder
1/2	teaspoon	salt
1/3	cup	milk
1		egg -- slightly beaten

- 1 (15 1/2 ounce) can garbanzo beans -- drained
- 1 (15 ounce) can kidney beans -- drained
- 1 (8 ounce) can tomato sauce
- 1/2 cup chopped green bell pepper (about 1 small)
- 1/4 cup chopped onion (about 1 small)
- 2 teaspoons chili powder
- 2 teaspoons fresh oregano
- OR
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon garlic powder

Heat oven to 375°. Spray pie plate, 10 × 1 1/2 inches, with nonstick cooking spray. Mix flour, 1/2 cup of the cheese, the baking powder and salt in medium bowl. Stir in milk and egg until blended. Spread over bottom and up sides of pie plate.

Mix remaining ingredients except 1/2 cup cheese. Spoon into pie plate; sprinkle with remaining cheese. Bake uncovered about 25 minutes or until edge is puffy and light brown. Let stand 10 minutes before cutting.

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Per serving: 287 Calories (kcal); 8g Total Fat; (23% calories from fat); 16g Protein; 41g Carbohydrate; 40mg Cholesterol; 508mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 4922 0 0 0 0 2814 2822 0 20088 2679 0 0 ■ 2130706543 0

\* Exported from MasterCook \*

## Beef and Broccoli with Garlic Sauce

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	beef boneless sirloin or round steak
1/4	teaspoon	salt
		Dash white pepper
1	pound	broccoli -- cut into flowerets and 1 x 1/2-inch pieces (4 cups)
1	teaspoon	cornstarch
1	teaspoon	soy sauce
1	teaspoon	sesame oil
1/4	cup	fat-free reduced-sodium chicken broth
1	teaspoon	vegetable oil
1	tablespoon	finely chopped garlic (6 cloves)
1	teaspoon	finely chopped gingerroot
2	tablespoons	brown bean paste
1	(8 ounce) can	sliced bamboo shoots -- drained
2	cups	hot cooked rice

Trim fat from beef. Cut beef lengthwise into 2-inch strips. Cut strips crosswise into 1/8-inch slices. Toss beef with salt and white pepper. Place broccoli in 1 inch boiling water; heat to boiling. Cover and cook 2 minutes. Immediately rinse with cold water; drain. Mix cornstarch and soy sauce; stir in sesame oil and broth.

Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add beef; stir-fry about 2 minutes or until brown. Remove beef from wok. Cool wok slightly. Wipe clean and respray. Add oil and rotate wok to coat sides. Heat over medium-high heat. Add garlic, gingerroot and bean paste; stir-fry 30 seconds. Add bamboo shoots; stir-fry 20 seconds. Stir in beef and broccoli. Stir in cornstarch mixture; cook and stir about 30 seconds

or until thickened. Serve over rice.

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Per serving: 263 Calories (kcal); 5g Total Fat; (18% calories from fat); 18g Protein; 36g Carbohydrate; 33mg Cholesterol; 314mg Sodium  
Food Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : By using ■ nonstick pan and nonstick cooking spray, you don't need to add any oil to stir-fry the sirloin.

Nutr. Assoc. : 5313 0 0 2362 0 0 0 20116 0 26351 26086 2165 82 0

\* Exported from MasterCook \*

## Beef Burritos

Recipe By :  
Serving Size : 8 Preparation Time : 0:00  
Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
2	cups	shredded cooked beef
1	cup	canned fat-free refried beans (from 16 ounce can)
8		flour tortillas (8 to 10 inches in

- diameter) -- warmed
- 2 cups shredded lettuce
- 2 medium tomatoes -- chopped (1 1/2 cups)
- 1 cup shredded reduced-fat Cheddar cheese (4 ounces)
- Salsa -- if desired

Heat beef in 1-quart saucepan over medium heat, stirring occasionally, until warm. Heat beans in 1-quart saucepan over medium heat, stirring occasionally, until warm. Fold up bottom third of each tortilla; roll up to form cone shape with folded end at bottom. Spoon beans, beef, lettuce, tomatoes and cheese into cone. Serve with salsa.

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Per serving: 268 Calories (kcal); 11g Total Fat; (38% calories from fat); 17g Protein; 24g Carbohydrate; 37mg Cholesterol; 381mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. #2816 25028 1664 0 5296 26148 0

\* Exported from MasterCook \*

Beef in Creamy Mushroom Sauce

Recipe By :



Serving Size : 6    Preparation Time :0:00

Categories : Beef                      Meat

Amount Measure    Ingredient -- Preparation Method

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2	tablespoons	cornstarch	
1	cup	water	
1	pound	lean beef boneless sirloin steak -- about 1/2 inch thick	
1	small	onion -- chopped (about 1/4 cup)	
1	clove	garlic -- crushed	
1/4	teaspoon	salt	
1/8	teaspoon	pepper	
1	medium	red bell pepper -- cut into bite-size pieces	
3	cups	sliced mushrooms (about 8 ounces)	
1/4	cup	brandy	
		OR	
1/4	cup	water	
1	teaspoon	low-sodium beef bouillon granules	
2	tablespoons	nonfat sour cream	
3	tablespoons	chopped fresh chives	
3	cups	hot cooked mostaccioli	

Stir cornstarch into water; set aside. Trim fat from beef steak. Cut beef into thin strips, about 1 1/2 x 1/2 inch.

Spray 10-inch skillet with nonstick cooking spray; heat over medium-high heat. Cook onion, garlic, salt and pepper in skillet about 3 minutes, stirring frequently, until onion is tender. Stir in beef and bell pepper. Cook about 4 minutes, stirring frequently until beef is no longer pink. Stir in mushrooms.

Add brandy to skillet; sprinkle bouillon granules over beef mixture. Heat to boiling; reduce heat. Cover and simmer 1 minute. Stir in sour cream. Stir in cornstarch mixture. Cook over medium-high heat about 2 minutes, stirring frequently, until thickened. Stir in chives. Serve over mostaccioli.

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Please note, if you should change this recipe it will no longer be an

approved Betty Crocker® Recipe.

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Description:

"Choose this meal when you're in the mood for hearty comfort food."

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Per serving: 229 Calories (kcal); 4g Total Fat; (15% calories from fat); 20g Protein; 28g Carbohydrate; 44mg Cholesterol; 196mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; ■ Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 5313 0 0 0 0 0 4977 2130706543 0 0 26440 0 0 2836

\* Exported from MasterCook \*

# Beef-Barley Stew

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Beef Meat

Soups/Stews

Amount	Measure	Ingredient -- Preparation Method
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1	pound	extra-lean ground beef
1/2	cup	chopped onion (about 1 medium)
2	cups	beef broth
2/3	cup	uncooked barley
2	teaspoons	chopped fresh oregano
		OR
1/2	teaspoon	dried oregano leaves
1/4	teaspoon	salt

- 1/4 teaspoon pepper
- 1 (16 ounce) can whole tomatoes -- undrained
- 1 (8 ounce) can sliced water chestnuts -- undrained
- 1 (10 ounce) package frozen mixed vegetables

Heat oven to 350°. Spray 10-inch nonstick skillet with nonstick cooking spray. Cook ground beef and onion in skillet over medium heat, stirring occasionally, until beef is brown; drain. Mix beef mixture and remaining ingredients except frozen mixed vegetables in 3-quart casserole; break up tomatoes. Cover and bake 30 minutes. Stir in mixed vegetables. Cover and bake 30 to 40 minutes longer or until barley is done.

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Description:

"This easy, hearty stew requires next to no kitchen preparation."

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Per serving: 290 Calories (kcal); 10g Total Fat; (30% calories from fat); 20g Protein; 31g Carbohydrate; 47mg Cholesterol; 529mg Sodium  
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 3 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. 19018 2679 26439 2151 0 0 2130706543 0 0 2470 1586 0

\* Exported from MasterCook \*

Beefy Skillet Calzone

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
8		diagonally cut slices French bread -- 1/2 inch thick
2	tablespoons	grated Parmesan cheese
3/4	pound	beef sirloin or flank steak -- cut into thin strips
1	tablespoon	olive or vegetable oil
1	small	green bell pepper -- sliced
1	clove	garlic -- finely chopped (1 to 2 cloves)
1	(14 1/2 ounce)	can diced tomatoes with Indian-style herbs -- undrained
1	(8 ounce)	can pizza sauce
1	(4 1/2 ounce)	jar sliced mushrooms -- drained

Set oven control to broil. Place bread slices on ungreased cookie sheet. Spray bread with cooking spray; sprinkle with cheese. Broil with tops 4 to 6 inches from heat 1 to 2 minutes or until light brown; set aside.

Cut beef into thin strips (beef is easier to cut if partially frozen, about 1 1/2 hours). Heat oil in 10-inch nonstick skillet over medium-high heat. Cook beef, bell pepper and garlic in oil, stirring occasionally, until beef is brown. Stir in tomatoes, pizza sauce and mushrooms. Cook 2 to 4 minutes or until hot.

Place 2 toasted bread slices on each of 4 serving plates; top with beef mixture.

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Per serving: 371 Calories (kcal); 12g Total Fat; (28% calories from fat); 27g Protein; 40g Carbohydrate; 51mg Cholesterol; 1045mg Sodium  
Food Exchanges: 2 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Lean ground beef could be easily substituted for the beef sirloin strips. Shaved Parmesan cheese scattered over each serving adds a rich, tangy flavor.

Nutr. Assoc. : 594 0 2228 986 0 0 2470 0 2461

\* Exported from MasterCook \*

### Beer-Marinated Rump Roast

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Beef Grilling  
Meat

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

2	tablespoons	vegetable oil
1	medium	onion -- chopped (1/2 cup)
1	clove	garlic -- finely chopped
1/2	cup	chili sauce
1/2	teaspoon	salt
1/4	teaspoon	pepper
1	(12 ounce) can	beer or nonalcoholic beer (1 can or bottle)
3 1/2	pounds	beef rolled rump roast (3 1/2 to 4 pounds)
2	cups	hickory wood chips

Heat oil in 1-quart saucepan over medium-high heat. Cook onion and garlic in oil, stirring frequently, until onion is tender; remove from heat. Stir in chili sauce, salt, pepper and beer. Place beef in shallow nonmetal dish or heavy-duty resealable plastic bag. Pour beer mixture over beef; turn beef to coat with marinade. Cover dish or seal bag and refrigerate,

turning beef occasionally, at least 8 hours but no longer than 24 hours.

Cover wood chips with water; soak 30 minutes. Brush grill rack with vegetable oil. Heat coals or gas grill for indirect heat. Remove beef from marinade; reserve marinade. Insert spit rod lengthwise through center of beef; hold firmly in place with adjustable holding forks. Insert barbecue meat thermometer so tip is near center of beef but not touching spit rod. Drain wood chips. Allow about 1/2 cup wood chips to medium-low coals or rock.

Cover and grill beef on rotisserie over drip pan and 4 inches from medium-low heat about 2 hours for medium doneness (160° on meat thermometer), brushing occasionally with marinade and adding 1/2 cup wood chips to coals or rock every 30 minutes. Remove spit rod, holding forks and thermometer. Discard any remaining marinade.

Cover beef with aluminum foil and let stand 15 minutes before slicing.

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Please note that although this recipe contains ingredients that are not fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed.

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Per serving: 239 Calories (kcal); 12g Total Fat; (47% calories from fat); 26g Protein; 4g Carbohydrate; 85mg Cholesterol; 241mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 142 1662 5618

\* Exported from MasterCook \*

### Beets in Sweet Orange Sauce

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Breads and Sides Vegetables

Amount	Measure	Ingredient -- Preparation Method
9		medium beets (9 or 10 medium, 2 bunches)
2	teaspoons	olive or vegetable oil
1/2	cup	reduced-sodium chicken broth
2	teaspoons	grated orange peel
2/3	cup	orange juice
1/4	cup	packed brown sugar
6	tablespoons	chopped fresh parsley
1	teaspoon	chopped crystallized ginger
		OR
1/2	teaspoon	ground ginger

Heat oven to 400°. Cut beets into fourths. Place beets, oil and broth in ovenproof 3-quart saucepan. Cover and bake 30 to 45 minutes, stirring occasionally, until beets are tender. Remove from oven.

Stir in orange peel, orange juice and brown sugar. Cook over medium-high heat 5 to 8 minutes, stirring frequently, until sauce is reduced and beets are coated with glaze. Stir in parsley and ginger.

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Per serving: 182 Calories (kcal); 3g Total Fat; (12% calories from fat); 5g Protein; 36g Carbohydrate; 1mg Cholesterol; 218mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 2231 986 4017 0 0 0 0 3003 0 2130706543

\* Exported from MasterCook \*

### Bell Pepper Nachos

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
1/2		orange bell pepper -- seeded and cut into 6 strips
1/2		red bell pepper -- seeded and cut into 6 strips
1/2		yellow bell pepper -- seeded and cut into 6 strips
3/4	cup	shredded reduced-fat Monterey Jack cheese (3 ounces)
2	tablespoons	chopped ripe olives
1/4	teaspoon	crushed red pepper

Cut bell pepper strips crosswise in half. Arrange close together in ungreased broilerproof pie pan, 9 × 1 1/4 inches, or round pan, 9 × 1 1/2 inches. Sprinkle with cheese, olives and crushed red pepper.

Set oven control to broil. Broil peppers with tops 3 to 4 inches from heat about 3 minutes or until cheese is melted.



6 servings (6 strips each)

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Per serving: 47 Calories (kcal); 2g Total Fat; (38% calories from fat); 4g Protein; 3g Carbohydrate; 5mg Cholesterol; 105mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 3530 0 0 26424 2678 0

\* Exported from MasterCook \*

### Black Bean Taco Salad

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
2	(15 ounce) cans	black beans -- rinsed and drained
1	(2 1/4 ounce) can	sliced ripe olives -- drained
1 1/2	cups	chopped seeded tomatoes (about 2 medium)
1/3	cup	shredded Cheddar cheese
1/4	cup	chopped green onions (2 to 3 medium)

1/4 cup chopped fresh cilantro  
2 tablespoons lime juice  
1 teaspoon ground cumin  
1/4 teaspoon pepper  
4 cups chopped spinach (about 6 ounces)

Mix beans, olives, tomatoes, cheese, green onions and cilantro. Mix lime juice, cumin and pepper; toss with bean mixture. Serve on spinach.

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Per serving: 364 Calories (kcal); 6g Total Fat; (15% calories from fat); 23g Protein; 57g Carbohydrate; 10mg Cholesterol; 232mg Sodium  
Food Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. #:2797 4971 20183 4922 2665 0 0 0 0 2687

\* Exported from MasterCook \*

### Black Bean-Corn Wonton Cups

Recipe By :  
Serving Size :36 Preparation Time :0:00  
Categories : Appetizers

Amount	Measure	Ingredient	-- Preparation Method
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36            wonton skins  
2/3        cup thick-and-chunky salsa  
1/4        cup chopped fresh cilantro  
1/2        teaspoon ground cumin  
1/2        teaspoon chili powder  
1        (15 1/4 ounce) can whole kernel corn -- drained  
1        (15 ounce) can black beans -- rinsed and drained  
1/4        cup plus 2 tablespoons nonfat sour cream  
          Cilantro sprigs -- if desired

Heat oven to 350°. Gently fit 1 wonton skin into each of 36 small muffin cups, 1 3/4 x 1 inch. Bake 8 to 10 minutes or until light golden brown. Remove from pan; cool on wire racks. Mix remaining ingredients except sour cream and cilantro sprigs. Just before serving, spoon bean mixture into wonton cups. Top each with 1/2 teaspoon sour cream. Garnish each with cilantro sprig.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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**Description:**

"This recipe is great when you need appetizers that can be prepared ahead of time. Just bake the wonton cups ahead and mix up the filling. Fill and garnish the wonton cups right before serving."

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**Yield:**

"36 Appetizers"

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Per serving: 44 Calories (kcal); trace Total Fat, (5% calories from fat); 2g Protein; 9g Carbohydrate; 1mg Cholesterol; 130mg Sodium

Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #5617 1325 0 0 0 26006 578 25082 0

\* Exported from MasterCook \*

## Blueberry Corn Muffins

Recipe By :

Serving Size : 12 Preparation Time : 0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1	cup	fresh or unthawed frozen blueberries
1	tablespoon	all-purpose flour
1	cup	plain nonfat yogurt
3	tablespoons	vegetable oil
1	teaspoon	vanilla
1		egg
		OR
1/4	cup	fat-free cholesterol-free egg product
1	cup	whole wheat flour
1	cup	cornmeal
1/4	cup	sugar
3	teaspoons	baking powder
1	teaspoon	baking soda

Heat oven to 400°. Spray 12 medium muffin cups, 2 1/2 x 1 1/4 inches, with nonstick cooking spray, or line with paper baking cups. Toss blueberries and all-purpose flour; set aside. Beat yogurt, oil, vanilla and egg in large bowl. Stir in remaining ingredients just until moistened. Carefully stir in blueberries.

Divide batter evenly among muffin cups (cups will be about two-thirds full). Bake about 15 minutes or until golden. Immediately remove from pan to wire rack. Serve warm if desired.

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Yield:  
"12 Muffins"

T(Bake):  
"0:15"

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Per serving: 149 Calories (kcal); 4g Total Fat; (25% calories from fat); 4g Protein; 24g Carbohydrate; 16mg Cholesterol; 247mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 175 0 0 0 0 0 0 2130706543 0 0 0 0 0

\* Exported from MasterCook \*

### Bok Choy with Baked Tofu

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1	(14 ounce) package	firm lite tofu
8	large stalks	bok choy
2	tablespoons	soy sauce
1	teaspoon	sugar
1/2	teaspoon	garlic powder

- 1       teaspoon vegetable oil
- 3       shallots -- thinly sliced
- 1/4     teaspoon salt
- 2       tablespoons oyster sauce

Wrap tofu in kitchen towel; cover with plastic wrap. Place heavy weight on top; let stand 30 minutes to press out excess moisture.

Cut tofu into 1 x 1 x 1/4-inch pieces. Remove leaves from bok choy stems. Cut leaves into 2-inch pieces; cut stems into 1/4-inch diagonal slices. Mix soy sauce, sugar and garlic powder.

Heat oven to 425°. Line cookie sheet with aluminum foil. Place tofu on foil, brushing with soy sauce mixture. Bake 5 minutes. Spray tofu with cooking spray; bake about 2 minutes or until brown. Turn tofu over; bake 5 minutes longer.

Meanwhile, spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add oil; rotate wok to coat sides. Add bok choy and shallots; stir-fry 1 minute. Add salt, tofu and oyster sauce; cover and cook 1 minute.

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Per serving: 106 Calories (kcal); 4g Total Fat; (33% calories from fat); 10g Protein; 9g Carbohydrate; 0mg Cholesterol; 830mg Sodium  
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #5678 0 0 0 0 0 4902 0 0

\* Exported from MasterCook \*

## Bread Salad

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Breads and Sides      Salads

Amount	Measure	Ingredient -- Preparation Method
6	slices	day-old French or Italian bread -- 1 inch thick
2	medium	tomatoes -- chopped (1 1/2 cups)
1	medium	cucumber -- peeled and chopped (1 1/4 cups)
1	small	onion -- thinly sliced
1/3	cup	fat-free red wine vinegar dressing
2	tablespoons	chopped fresh basil
		OR
2	teaspoons	dried basil leaves
1/4	teaspoon	pepper

Tear bread into 1-inch pieces. Mix bread and remaining ingredients in nonmetal bowl. Cover and refrigerate, stirring once, at least 1 hour to blend flavors and soften bread. Stir before serving.

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Description:

"Making bread salad, or panzanella, is a favorite way for Italian cooks to use up dried bread. It may turn into one of your favorites as well."

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Per serving: 96 Calories (kcal); 1g Total Fat; (9% calories from fat); 3g Protein; 19g Carbohydrate; 0mg Cholesterol; 326mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; ■ Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 594 5296 0 0 4240 0 0 2130706543 0

\* Exported from MasterCook \*

### Broccoli and Pasta in Dijon Sauce

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Breads and Sides Pasta  
Vegetables

Amount Measure Ingredient -- Preparation Method

-----  
1 cup uncooked anelli (tiny rings) pasta (4 ounces)  
1 (10 ounce) package frozen chopped broccoli  
2 tablespoons reduced-fat sour cream  
2 teaspoons Dijon mustard  
1/4 teaspoon salt

Cook and drain pasta and broccoli as directed on packages. Toss pasta, broccoli and remaining ingredients. Serve warm.

---

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Per serving: 127 Calories (kcal); 1g Total Fat; (7% calories from fat); 6g Protein; 24g Carbohydrate; 2mg Cholesterol; 192mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; ■ Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 4363 0 4055 0 0

\* Exported from MasterCook \*

### Broiled Cod with Sun-Dried Tomatoes

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1	pound	cod or other firm lean fish fillets -- about 3/4 inch thick
8		sun-dried tomato halves (not oil-packed)
1/4	cup	mayonnaise
		OR
1/4	cup	salad dressing
2	tablespoons	chopped fresh parsley
1/8	teaspoon	pepper

Set oven control to broil. Grease rack of broiler pan. Place fish on rack in broiler pan. Broil with tops 4 inches from heat 8 minutes. Soak tomato halves in 1 cup very hot water about 5 minutes or until softened; drain and finely chop. Mix with remaining ingredients; spread on fish. Broil 1 to 2 minutes longer or until topping is light brown and fish flakes easily

with fork.

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Per serving: 203 Calories (kcal); 13g Total Fat; (54% calories from fat); 21g Protein; 2g Carbohydrate; 54mg Cholesterol; 224mg Sodium  
 Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Chewy, sweet and intensely flavored, sun-dried tomatoes can be found packed in oil or packed dry in cellophane bags. They add a rich flavor to dishes that you can't get with fresh tomatoes.

Nutr. Assoc. : 2747 1447 0 0 2130706543 0 0

\* Exported from MasterCook \*

### Broiled Dijon Burgers

Recipe By :  
 Serving Size : 6 Preparation Time : 0:00  
 Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
2	slices	bread -- torn into 1-inch pieces
1/4	cup	fat-free cholesterol-free egg product
		OR

2 egg whites  
 2 tablespoons skim milk  
 3/4 pound extra-lean ground beef  
 1/4 teaspoon salt  
 1/8 teaspoon pepper  
 1/4 cup finely chopped onion (about 1 small)  
 2 teaspoons Dijon mustard  
 6 sourdough or plain English muffins — split and lightly toasted  
 6 leaves lettuce  
 6 slices tomato  
 Dijon-Yogurt Sauce -- (recipe follows)

#### DIJON-YOGURT SAUCE

1/2 cup plain nonfat yogurt  
 1 teaspoon sweet pickle relish  
 1/2 teaspoon Dijon mustard

Set oven control to broil. Spray broiler pan rack with nonstick cooking spray. Mix bread, egg product and milk in medium bowl. Stir in ground beef, salt, pepper, onion and mustard. Shape by about 1/3 cupfuls into 6 patties, about 3 1/2 x 1/2 inch. Place on rack in broiler pan. Broil with tops 3 to 4 inches from heat about 5 minutes or until brown. Turn patties. Broil 3 to 4 minutes longer or until no longer pink in center. Serve on English muffins with lettuce, tomato and Dijon-Yogurt Sauce.

#### DIJON-YOGURT SAUCE:

Mix all ingredients.

---

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Per serving: 313 Calories (kcal); 9g Total Fat; (25% calories from fat); 19g Protein; 39g Carbohydrate; 36mg Cholesterol; 508mg Sodium  
Food Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 2130706543 0 0 0 9018 0 0 20034 0 545 810 ■ 2130706543 0  
0 0 0 0

\* Exported from MasterCook \*

### Broiled Sesame Halibut Kabobs

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1		pound halibut or sea bass steaks or fillets -- 1 inch thick
1		medium zucchini -- cut into 1/4-inch slices
1		medium yellow summer squash -- cut into 1/4-inch slices
1/4	teaspoon	sugar
1		clove garlic -- finely chopped
2	tablespoons	soy sauce
1	teaspoon	grated gingerroot
1	teaspoon	sesame oil
1	tablespoon	sesame seed

Cut fish into 3/4- to 1-inch pieces. Thread fish, zucchini and squash alternately on each of eight 8-inch skewers.\* Set oven control to broil. Spray broiler pan rack with nonstick cooking spray. Mix sugar, garlic, soy sauce, gingerroot and sesame oil. Brush generously on all sides of kabobs. Sprinkle sesame seed over kabobs.

Place kabobs on rack in broiler pan. Broil with tops 4 inches from heat about 3 minutes; turn. Broil about 2 minutes longer or until fish flakes easily with fork.

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Per serving: 153 Calories (kcal); 5g Total Fat; (27% calories from fat); 23g Protein; 5g Carbohydrate; 47mg Cholesterol; 594mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : \*If using wooden bamboo skewers, soak in water for 30 minutes before using to prevent burning.

Nutr. Assoc. : 4856 0 5654 0 0 0 0 0 1357

\* Exported from MasterCook \*

### Broiled Veal and Onions

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Meat Veal

Amount	Measure	Ingredient -- Preparation Method
4		veal rib or loin chops -- about 3/4 inch thick
1	tablespoon	Dijon mustard
1	teaspoon	mustard seed
1/4	teaspoon	salt
1/2	teaspoon	pepper

- 2 large yellow onions (about 3 inches in diameter) -- cut into halves
- 4 teaspoons reduced-fat margarine -- softened
- 2 tablespoons packed brown sugar

Set oven control to broil. Brush both sides of veal chops lightly with mustard; sprinkle with mustard seed, salt and 1/4 teaspoon of the pepper. Place veal and onions, cut sides down, on rack in broiler pan. Broil with tops of veal about 3 inches from heat about 6 minutes or until veal is brown; turn veal and onions.

Spread 1 teaspoon margarine over each onion half, sprinkle with brown sugar and remaining 1/4 teaspoon pepper. Broil about 6 minutes longer or until veal is brown and onions are tender.

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Per serving: 283 Calories (kcal); 14g Total Fat; (44% calories from fat); 25g Protein; 14g Carbohydrate; 99mg Cholesterol; 337mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : If the onions won't stand upright, cut a thin slice off the small end of each one.

Nutr. Assoc. #5424 0 0 0 0 3875 3931 0

\* Exported from MasterCook \*

Brown Sugar Strawberries

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Desserts

Amount Measure Ingredient -- Preparation Method

---

2 cups fresh strawberries  
1/3 cup plain nonfat yogurt  
1/3 cup loosely packed brown sugar

Rinse and dry strawberries but do not hull. Place strawberries in serving bowl. Place yogurt and brown sugar in 2 separate bowls. To eat, dip strawberries into yogurt and then into brown sugar.

---

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Description:

"A fabulous fat-free dessert that everyone will love!"

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Per serving: 102 Calories (kcal); trace Total Fat; (2% calories from fat); 2g Protein; 24g Carbohydrate; trace Cholesterol; 22mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates

Nutr. Assoc. #3411 0 4335

\* Exported from MasterCook \*

## Bulgur Biscuits

Recipe By :

Serving Size : 10 Preparation Time : 0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	shortening
1	cup	all-purpose flour
1	cup	whole wheat flour
3	teaspoons	baking powder
1/2	teaspoon	salt
1/2	cup	cooked bulgur
		OR
1/2	cup	cooked brown rice
2/3	cup	skim milk (about)

Heat oven to 450°. Cut shortening into flours, baking powder and salt with pastry blender or 2 knives in large bowl until mixture resembles fine crumbs. Stir in bulgur. Stir in just enough milk so dough leaves side of bowl and forms a ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Roll or pat 1/2 inch thick. Cut with floured 2 1/2-inch biscuit cutter. Place about 1 inch apart on ungreased cookie sheet.

Bake 12 to 14 minutes or until golden brown. Immediately remove from cookie sheet.

---

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Yield:

"10 Biscuits"

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Per serving: 149 Calories (kcal); 6g Total Fat; (33% calories from fat); 4g Protein; 22g Carbohydrate; trace Cholesterol; 262mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 2130706543 0 0 4938

\* Exported from MasterCook \*

# Buttermilk Toasted-Oat Scones

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1/2	cup	quick-cooking or regular oats
1/2	cup	oat bran
3	tablespoons	firm margarine
1	cup	all-purpose flour
1/4	cup	packed brown sugar
1 1/2	teaspoons	baking powder
1/4	teaspoon	baking soda
1/4	teaspoon	salt
1/2	cup	chopped dried figs or prunes
2		egg whites
1/2	cup	low-fat buttermilk (about)
		OR
1/2	cup	nonfat buttermilk (about)

Heat oven to 350°. Spread oats and oat bran in ungreased rectangular pan,

13 x 9 x 2 inches. Bake 15 to 20 minutes, stirring occasionally, until light brown; cool.

Increase oven temperature to 400°. Cut margarine into flour, brown sugar, baking powder, baking soda and salt with pastry blender in large bowl until mixture resembles fine crumbs. Stir in oat mixture and figs. Stir in egg whites and just enough buttermilk so dough leaves side of bowl and forms a ball.

Turn dough onto lightly floured surface; gently roll in flour to coat. Knead lightly 10 times. Pat or roll into 8-inch circle on ungreased cookie sheet. Cut into 8 wedges but do not separate. Brush with buttermilk and sprinkle with oats if desired.

Bake 16 to 18 minutes or until golden brown. Immediately remove from cookie sheet; carefully separate wedges. Serve warm.

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Yield:  
"8 Scones"

-----  
Per serving: 197 Calories (kcal); 5g Total Fat; (23% calories from fat); 5g Protein; 35g Carbohydrate; 1mg Cholesterol; 282mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates

NOTES : Whole grains absorb liquid differently than all-purpose flour, so be careful not to add too much liquid to these scones.

Nutr. Assoc. : 20223 0 4098 0 0 0 0 3115 3231 2130706543 ■ 26420

\* Exported from MasterCook \*

## Cajun Beef and Rice

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount Measure Ingredient -- Preparation Method

---

1/2	pound	ground beef	
1	medium stalk	celery -- chopped (1/2 cup)	
1	medium	onion -- chopped (1/2 cup)	
2	teaspoons	Cajun or Creole seasoning	
2	cups	uncooked instant rice	
1	cup	water	
8	medium	fresh okra -- sliced	
	OR		
1	cup	frozen (thawed) cut okra	
2	medium	tomatoes -- chopped (1 1/2 cups)	
1	small	green bell pepper -- chopped (1/2 cup)	
2	(11 1/2 ounce)	cans lightly tangy eight-vegetable juice	

Heat 12-inch nonstick skillet over medium-high heat. Cook beef, celery, onion and Cajun seasoning in skillet about 4 minutes, stirring frequently, until beef is brown and vegetables are tender. Stir in remaining ingredients. Reduce heat to medium-low. Cover and cook about 5 minutes or until rice is tender.

---

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Per serving: 365 Calories (kcal); 8g Total Fat; (18% calories from fat); 17g Protein; 58g Carbohydrate; 35mg Cholesterol; 753mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #:9018 0 0 2419 752 0 2130706543 0 4280 5296 0 5396

\* Exported from MasterCook \*

### Cajun Seafood and Noodles

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
6	ounces	uncooked medium noodles (about 3 cups)
1	tablespoon	vegetable oil
3/4	cup	chopped green bell pepper (about 1 medium)
1/2	cup	chopped onion (about 1 medium)
2	tablespoons	chopped fresh parsley
1/8	teaspoon	ground red pepper (cayenne)
1/8	teaspoon	pepper
2	cloves	garlic -- finely chopped
1	tablespoon	all-purpose flour
1	(16 ounce) can	whole tomatoes -- undrained
1	(10 ounce) package	frozen cut okra -- thawed
1	(6 ounce) package	frozen cooked small shrimp -- thawed and drained
1	(6 ounce) package	frozen crabmeat -- thawed, drained and cartilage removed

Cook noodles as directed on package; **drain**. Heat oil in 10-inch nonstick skillet over medium heat. Cook bell pepper, onion, parsley, red pepper,

pepper and garlic in oil 3 minutes, stirring frequently. Stir in flour and tomatoes; break up tomatoes. Cook uncovered, stirring frequently, until mixture thickens and boils. Stir in okra, shrimp and crabmeat. Cook uncovered 5 minutes, stirring occasionally. Serve over noodles.

---

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Per serving: 230 Calories (kcal); 4g Total Fat; (17% calories from fat); 18g Protein; 30g Carbohydrate; 107mg Cholesterol; 279mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : If frozen shrimp and crab are not readily available, canned shrimp and crab are just as delicious.

Nutr. Assoc. : 4244 0 20088 2679 0 2514 0 0 0 2470 3464 2842 461 0

\* Exported from MasterCook \*

#### Cajun Side Dish

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Breads and Sides Vegetables

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1	tablespoon	vegetable oil
---	------------	---------------

2 1/2 cups sliced okra (about 8 ounces)  
 1 cup frozen whole kernel corn  
 1 large onion — chopped (about 1 cup)  
 1 medium green, red or yellow bell pepper — chopped (about 1 cup)  
 3 large tomatoes -- seeded and chopped (about 3 cups)  
 1 (15 ounce) can black-eyed peas (15 to 16 ounce can) — rinsed and drained  
 2 teaspoons chopped fresh thyme  
     OR  
 1/2 teaspoon dried thyme leaves  
 2 teaspoons chopped fresh oregano  
     OR  
 1/2 teaspoon dried oregano leaves  
 1/2 teaspoon salt  
 1/2 teaspoon paprika  
 1/8 teaspoon ground red pepper (cayenne) (1/8 to 1/4  
     teaspoon)

Heat oil in 12-inch nonstick skillet over medium-high heat. Cook okra, corn, onion and bell pepper in oil, stirring frequently, until crisp-tender. Stir in remaining ingredients. Cook about 5 minutes, stirring frequently, until hot.

---

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Per serving: 141 Calories (kcal); 3g Total Fat; (19% calories from fat); 6g Protein; 24g Carbohydrate; 0mg Cholesterol; 400mg Sodium  
 Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : When selecting okra, look for fresh pods that are bright green in color, firm and less than 4 inches long.

Nutr. Assoc. : 0 4978 0 0 3572 5296 2275 0 0 2130706543 ■ 0 2130706543 0 ■  
2514

\* Exported from MasterCook \*

### Calypso Shrimp

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
-----		
		Bean Salsa -- (recipe follows)
1/2	teaspoon	grated orange peel
1	tablespoon	orange juice
1	tablespoon	vegetable oil
1 1/2	teaspoons	chopped fresh thyme
		OR
1/2	teaspoon	dried thyme leaves
1	clove	garlic -- finely chopped
3/4	pound	raw medium shrimp -- peeled and deveined

### BEAN SALSA

1	(15 ounce) can	black beans -- rinsed and drained
1	medium	mango -- peeled and chopped (about 1 cup)
1	small	red bell pepper -- chopped (about 1/2 cup)
1/4	cup	sliced green onions (2 to 3 medium)
2	tablespoons	orange juice
1	tablespoon	red wine vinegar
1/2	teaspoon	grated orange peel

Prepare Bean Salsa; set aside. Mix remaining ingredients except shrimp in medium bowl. Stir in shrimp. Spray 10-inch nonstick skillet with nonstick cooking spray; heat over medium-high heat. Cook shrimp mixture in skillet, turning shrimp once, until pink. Divide salsa among 4 serving plates.

Arrange shrimp on salsa.

## BEAN SALSA:

Mix all ingredients.

---

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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## Description:

"The citrus-spiked bean salsa is the perfect counterpoint to the marinated shrimp."

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Per serving: 262 Calories (kcal); 6g Total Fat; (20% calories from fat); 24g Protein; 28g Carbohydrate; 129mg Cholesterol; 456mg Sodium  
Food Exchanges: 1 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2130706543 0 0 0 0 2130706543 0 20127 0 0 578 0 0 20030 0  
0 0

\* Exported from MasterCook \*

## Caponata Pockets

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
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---



- 2      teaspoons olive or vegetable oil
- 1      medium onion -- chopped (1/2 cup)
- 2      cloves garlic -- crushed
- 1 1/2    large eggplants -- peeled and chopped (7 cups)
- 1      medium tomato -- chopped (3/4 cup)
- 2      tablespoons chopped fresh basil
- OR
- 2      teaspoons dried basil leaves
- 2      tablespoons red wine vinegar
- 1/4    teaspoon pepper
- 1/8    teaspoon salt
- 3      pita breads (6 inches in diameter) -- cut in half
- Leaf lettuce
- Fresh basil leaves -- if desired
- 1      (7 ounce) jar roasted red bell peppers -- drained and cut into strips

Heat oil in 10-inch nonstick skillet over medium heat. Cook onion and garlic in oil about 3 minutes, stirring occasionally, until onion is tender. Stir in eggplant and tomato. Cook uncovered 10 to 15 minutes, stirring frequently, until eggplant is very tender. Stir in chopped basil, vinegar, pepper and salt. Cover and refrigerate about 2 hours or until cool; drain if necessary.

Line each pita bread half with lettuce, whole basil leaves and red bell peppers. Fill with eggplant mixture.

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Per serving: 148 Calories (kcal); 2g Total Fat; (12% calories from fat); 5g Protein; 29g Carbohydrate; 0mg Cholesterol; 212mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; ■ Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 986 0 0 3234 0 0 0 2130706543 0 0 0 4513 0 0 4752 0

\* Exported from MasterCook \*

### Cardamom Cashew Bars

Recipe By :  
Serving Size : 48 Preparation Time : 0:00  
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

		Crust -- (recipe follows)
1 1/2	cups	packed brown sugar
1/2	cup	fat-free cholesterol-free egg product
		OR
2		eggs
3	tablespoons	all-purpose flour
2	teaspoons	vanilla
1/2	teaspoon	ground cardamom
1/4	teaspoon	salt
1		egg yolk
1 1/2	cups	cashews -- coarsely crushed
		Orange Glaze -- (recipe follows)
		Shredded orange peel -- if desired

### CRUST

1/2	(8 ounce) package	reduced-fat cream cheese (Neufchâtel)
1/2	cup	powdered sugar
1/4	cup	packed brown sugar
2	teaspoons	vanilla
1		egg yolk
1 1/2	cups	all-purpose flour

### ORANGE GLAZE

3/4 cup powdered sugar  
1 tablespoon orange juice

Heat oven to 350°. Prepare Crust. Beat remaining ingredients except cashews, Orange Glaze and orange peel in medium bowl with electric mixer on medium speed about 2 minutes or until well blended. Stir in cashews. Spread over baked crust.

Bake 19 to 22 minutes or until top is golden brown and set around edges. Cool in pan on wire rack. Prepare Orange Glaze; spread evenly over baked layer. Cut into 2 × 1 1/2-inch bars. Garnish with orange peel.

### CRUST:

Grease rectangular pan, 13 × 9 × 2 inches. Beat cream cheese and sugars in medium bowl with electric mixer on medium speed until fluffy. Beat in vanilla and egg yolk. Gradually stir in enough flour to make a soft dough. Knead dough on floured surface 1 minute (do not overknead). Press dough evenly in pan. Bake 15 to 20 minutes or until very light brown.

### ORANGE GLAZE:

Mix ingredients until smooth and spreadable.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

You may notice that the nutritional information calculated by MasterCook is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

### Description:

"Cardamom is a favorite spice among many Scandinavian people. A member of the ginger family, cardamom has a delightful spice-sweet flavor."

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Yield:  
"48 Bars"

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Per serving: 93 Calories (kcal); 3g Total Fat; (26% calories from fat); 2g Protein; 16g Carbohydrate; 11mg Cholesterol; 28mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 2130706543 0 3220 0 2130706543 0 0 ■ 0 ■ ■ 2130706543  
2130706543 0 0 947 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Caribbean Jerk Pork Chops

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Grilling Meat  
Pork

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	water
1/3	cup	lemon juice
1/3	cup	chopped onion
1	tablespoon	packed brown sugar
1	tablespoon	chopped green onion
1	tablespoon	canola or vegetable oil
3/4	teaspoon	salt
3/4	teaspoon	ground allspice
3/4	teaspoon	ground cinnamon
3/4	teaspoon	pepper
1/2	teaspoon	ground thyme
1/4	teaspoon	ground red pepper (cayenne)
2 1/4	pounds	lean pork loin or rib chops (6 chops) — about 5/8 inch thick

Place all ingredients except pork in blender. Cover and blend until smooth. Reserve 1/2 cup of the marinade; cover and refrigerate for basting. Trim excess fat from pork. Place pork in shallow nonmetal dish or

heavy-duty resealable plastic bag. Pour remaining marinade over pork. Cover dish or seal bag and refrigerate at least 12 hours but no longer than 24 hours.

Heat coals or gas grill. Remove pork from marinade; discard marinade. Cover and grill pork 4 to 5 inches from medium heat 8 to 11 minutes, turning frequently and brushing with reserved marinade, for medium doneness (160°) or until pork is slightly pink when cut near bone. Discard any remaining basting marinade.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Please note that although this recipe contains ingredients that are not fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed.

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Per serving: 183 Calories (kcal); 8g Total Fat; (40% calories from fat); 22g Protein; 5g Carbohydrate; 53mg Cholesterol; 312mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 2665 244 0 0 0 0 0 2514 4576

\* Exported from MasterCook \*

Carrot-Zucchini Muffins

Recipe By :

Serving Size : 12 Preparation Time : 0:00

Categories : Breads and Sides

Amount Measure Ingredient -- Preparation Method

---

2/3	cup	skim milk
1/4	cup	fat-free cholesterol-free egg product
		OR
2		egg whites
2	tablespoons	vegetable oil
2	cups	Bisquick® Reduced Fat baking mix
2	tablespoons	sugar
1	teaspoon	grated lemon peel
1	small	carrot -- shredded (1/2 cup)
1/2	cup	shredded zucchini

Heat oven to 400°. Spray 12 medium muffin cups, 1 1/2 x 1 1/4 inches, with nonstick cooking spray, or line with paper baking cups. Beat milk, egg product and oil in large bowl until smooth. Stir in baking mix, sugar and lemon peel just until baking mix is moistened (batter will be lumpy). Fold in carrot and zucchini.

Fill cups about three-fourths full. Bake 20 to 25 minutes or until golden brown. Immediately remove from pan. Cool on wire rack. Serve warm or cool.

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Description:

"Kids will like these muffins with a glass of milk for an after-school snack."

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Yield:

"12 Muffins"

-----

Per serving: 114 Calories (kcal); 4g Total Fat; (28% calories from fat); 3g Protein; 18g Carbohydrate; trace Cholesterol; 269mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 3220 0 2130706543 0 25091 0 20084 0 5663

\* Exported from MasterCook \*

### Catfish with Pesto

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
4		catfish, orange roughy or red snapper fillets (1 1/2 pounds)
1/4	cup	pesto
20	strips	roasted bell pepper (from 12-ounce jar)

Heat oven to 425°. If fish fillets are large, cut into 4 serving pieces.  
Place fish in greased square baking dish, 8 × 8 × 2 inches. Spread pesto evenly over each piece of fish. Top each piece with 5 roasted pepper strips. Cover and bake about 18 minutes or until fish flakes easily with fork.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

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Per serving: 223 Calories (kcal); 8g Total Fat; (32% calories from fat); 21g Protein; 17g Carbohydrate; 27mg Cholesterol; 180mg Sodium  
 Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 3 1/2 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : Add warm bread, steamed broccoli and fresh strawberries for dessert to complete the meal.

Nutr. Assoc. : 4308 4449 4752

\* Exported from MasterCook \*

### Cheese and Currant Wedges

Recipe By :  
 Serving Size : 12 Preparation Time :0:00  
 Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	all-purpose flour
1/2	cup	currants or raisins
1	teaspoon	baking powder
1/2	teaspoon	salt
1/4	teaspoon	baking soda
1	cup	shredded reduced-fat Mozzarella cheese
3/4	cup	nonfat buttermilk
2	tablespoons	olive or vegetable oil
1		egg

Heat oven to 375°. Spray round pan, 9 × 1 1/2 inches, with nonstick cooking spray. Mix flour, currants, baking powder, salt and baking soda in



large bowl. Stir in remaining ingredients. Spread in pan.

Bake 30 to 35 minutes or until golden brown. Cool 10 minutes before cutting. Serve warm.

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Per serving: 133 Calories (kcal); 5g Total Fat; (30% calories from fat); 5g Protein; 18g Carbohydrate; 21mg Cholesterol; 227mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 4680 0 0 0 27033 0 986 0

\* Exported from MasterCook \*

### Cheesecake Sherbet

Recipe By :  
Serving Size : 8 Preparation Time : 0:00  
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	sugar
2	cups	buttermilk
1	teaspoon	grated lemon peel

1/4 cup lemon juice

Mix all ingredients until sugar is dissolved. Pour into 1-quart ice-cream freezer. Freeze according to manufacturer's directions.

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Per serving: 124 Calories (kcal); 1g Total Fat; (3% calories from fat); 2g Protein; 29g Carbohydrate; 2mg Cholesterol; 65mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 20084 0

\* Exported from MasterCook \*

### Cheesecake with Strawberry Topping

Recipe By :  
Serving Size : 12 Preparation Time : 0:00  
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
4	cups	plain nonfat yogurt
4		chocolate wafers -- crushed (about 1/4 cup)

- 1 (8 ounce) package reduced-fat cream cheese (Neufchâtel) -- softened
- 2/3 cup sugar
- 1/4 cup low-fat milk
- 2 tablespoons all-purpose flour
- 2 teaspoons vanilla
- 3 egg whites
- OR
- 1/2 cup cholesterol-free egg product
- Strawberry Topping -- (recipe follows)

#### STRAWBERRY TOPPING

- 1 (10 ounce) package frozen strawberries in light syrup -- thawed, drained and syrup reserved
- 1/4 cup sugar
- 2 tablespoons cornstarch

Line 6-inch strainer with basket-style paper coffee filter or double thickness of cheesecloth. Place strainer over bowl. Spoon yogurt into strainer. Cover and refrigerate 12 hours, draining liquid from bowl occasionally.

Heat oven to 300°. Spray springform pan, 9 x 3 inches, with nonstick cooking spray. Sprinkle chocolate wafer crumbs on bottom of pan. Beat yogurt and cream cheese in medium bowl on medium speed until smooth. Add sugar, milk, flour, vanilla and egg whites. Beat on medium speed about 2 minutes or until smooth. Carefully spread batter over crumbs in pan.

Bake 1 hour. Turn off oven; leave cheesecake in oven 30 minutes. Remove from oven. Cool 15 minutes. Prepare Strawberry Topping; spread over cheesecake.

Cover and refrigerate at least 3 hours. Run metal spatula along side of cake to loosen; remove side of pan. Refrigerate any remaining cheesecake.

#### STRAWBERRY TOPPING:

Add enough water to reserved syrup to measure 1 1/4 cups. Mix sugar and cornstarch in 1 1/2-quart saucepan. Stir in juice mixture and strawberries. Heat to boiling over medium heat, stirring frequently. Boil and stir 1 minute; cool.

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Per serving: 196 Calories (kcal); 5g Total Fat; (22% calories from fat); 8g Protein; 31g Carbohydrate; 16mg Cholesterol; 162mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 0 2647 947 0 4038 0 0 0 0 2130706543 2130706543 0 ■ 3473 0  
0

\* Exported from MasterCook \*

### Chicken 'n' Pepper Stir-fry

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	soy sauce
2	tablespoons	ketchup
1/2	teaspoon	ground ginger
2	cloves	garlic -- finely chopped
3		skinless boneless chicken breast halves -- thinly sliced (about 3/4 pound)
2	tablespoons	vegetable oil
6		green onions -- cut into 1-inch pieces
1	medium	green bell pepper -- thinly sliced
1	medium	red bell pepper -- thinly sliced

- 4 cups hot cooked Chinese noodles
- OR
- 4 cups hot cooked rice

Mix soy sauce, ketchup, ginger and garlic in resealable heavy-duty plastic bag. Add chicken; seal bag and turn to coat with marinade. Let stand 15 minutes. Heat 1 tablespoon of the oil in 10-inch skillet or wok over medium-high heat. Add green onions and bell peppers; stir-fry until crisp-tender. Remove from skillet. Heat remaining 1 tablespoon oil in skillet. Add chicken; stir-fry 4 to 5 minutes or until no longer pink in center. Stir in bell pepper mixture. Serve with noodles.

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Per serving: 436 Calories (kcal); 9g Total Fat; (18% calories from fat); 27g Protein; 61g Carbohydrate; 51mg Cholesterol; 670mg Sodium  
Food Exchanges: 3 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; ■ Other Carbohydrates

NOTES : The secret to a perfect stir-fry is to make sure the skillet or wok is hot before you add the oil and food. To ensure even cooking, keep the food moving by stirring constantly.

Nutr. Assoc. : 0 0 0 0 2313 0 3585 0 0 2130706543 0 0

\* Exported from MasterCook \*

Chicken and Asparagus Roulades

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount Measure Ingredient -- Preparation Method

4 small skinless boneless chicken breast halves -- (about 2 pounds)  
 1/4 teaspoon salt  
 1/4 teaspoon onion powder  
 1/4 teaspoon dried dill weed  
 1 (10 ounce) package frozen asparagus spears -- thawed and drained  
 1/2 medium red bell pepper -- cut into (1/4-inch strips)  
 Mock Hollandaise Sauce -- (recipe follows)  
 Fresh dill weed sprigs -- if desired

#### MOCK HOLLANDAISE SAUCE

2 tablespoons reduced-fat margarine  
 1 tablespoon all-purpose flour  
 1/4 teaspoon salt  
 2/3 cup skim milk  
 1 egg yolk  
 1/2 teaspoon grated lemon peel  
 2 teaspoons lemon juice

Heat oven to 375°. Remove excess fat from chicken; flatten each chicken breast half to 1/4-inch thickness between plastic wrap or waxed paper. Mix salt, onion powder and dill weed; sprinkle over chicken. Place 1/4 of asparagus spears and pepper strips crosswise on large end of each chicken breast half. Roll tightly and secure with wooden picks. Place chicken, seam sides down, in square pan, 8 x 8 x 2 inches, sprayed with nonstick cooking spray. Cover and bake until chicken is done, about 30 minutes. Prepare Mock Hollandaise Sauce; serve with chicken. Garnish with fresh dill weed sprigs.

#### MOCK HOLLANDAISE SAUCE:

Heat margarine in 1-quart nonstick saucepan over low heat until melted. Stir in flour and salt. Cook over low heat until mixture is smooth and bubbly, stirring constantly; remove from heat. Mix milk and egg yolk until smooth; stir into flour mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat; stir in lemon peel and lemon

juice.

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**Description:**

"This dish is a taste of spring anytime of the year. Slice the roulades crosswise and arrange the slices in a shallow pool of sauce."

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Per serving: 213 Calories (kcal); 6g Total Fat; (24% calories from fat); 32g Protein;  Carbohydrate; 122mg Cholesterol; 441mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2313 0 0 0 3432 0 2130706543 2130706543 0 0 3931 0 0 0 0  
20084 0

\* Exported from MasterCook \*

# Chicken and Tortellini Salad

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry Salads

Amount	Measure	Ingredient -- Preparation Method
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1	(8 ounce) package	cheese-filled tortellini
---	-------------------	--------------------------

- 1 1/2 cups cut-up cooked chicken or turkey (about 8 ounces)
- 1/3 cup dry white wine
- OR
- 1/3 cup chicken broth
- 2 tablespoons olive or vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh tarragon
- OR
- 1 teaspoon dried tarragon leaves
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups bite-size pieces of salad greens (spinach, leaf lettuce, romaine)
- 1 small red or green bell pepper -- cut into 1/2-inch pieces

Cook tortellini as directed on package; drain. Rinse with cold water; drain. Mix tortellini and chicken in large bowl. Shake wine, oil, lemon juice, tarragon, sugar, salt and pepper in tightly covered container. Stir into tortellini mixture. Cover and refrigerate ■ least 2 hours. Toss tortellini mixture with salad greens and bell pepper just before serving.

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T(Refrigerate):  
"2:00"



Per serving: 286 Calories (kcal); 13g Total Fat; (43% calories from fat); 22g Protein; 17g Carbohydrate; 98mg Cholesterol; 651mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 26957 1578 0 0 2130706543 986 0 0 ■ 2130706543 0 0 0 3600  
 26719

\* Exported from MasterCook \*

### Chicken Breasts Dijon

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
3	pounds	skinless boneless chicken breast halves (about 6 small)
1/4	cup	Dijon mustard
1	teaspoon	vegetable oil
2	tablespoons	dry white wine
		Freshly ground pepper
2	tablespoons	mustard seed
		Chopped parsley -- if desired

Heat oven to 400°. Remove excess fat from chicken. Place chicken, meaty sides up, in rectangular pan, 13 × 9 × 2 inches, sprayed with nonstick cooking spray. Mix mustard, oil and wine; brush over chicken. Sprinkle with pepper and mustard seed. Bake uncovered until chicken ■ done, about 30 minutes. Sprinkle with chopped parsley.

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Per serving: 285 Calories (kcal); 5g Total Fat; (17% calories from fat); 54g Protein; 2g Carbohydrate; 132mg Cholesterol; 273mg Sodium  
 Food Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Try honey Dijon mustard for a flavor twist!  
 Nutr. Assoc. : 2313 0 0 0 0 0 0

\* Exported from MasterCook \*

### Chicken Breasts with Sun-Dried Tomato Sauce

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	coarsely chopped sun-dried tomatoes (not oil-packed)
1/2	cup	chicken broth
4		skinless boneless chicken breast halves (about 1 pound)
1/2	cup	sliced mushrooms (1 1/2 ounces)
2	tablespoons	chopped green onions (2 medium)
2	cloves	garlic -- finely chopped
2	tablespoons	dry red wine
		OR
2	tablespoons	apple juice
1	teaspoon	vegetable oil
1/2	cup	skim milk
2	teaspoons	cornstarch
2	teaspoons	chopped fresh basil
		OR

- 1/2 teaspoon dried basil leaves
- 3 cups hot cooked fettuccine

Mix tomatoes and broth. Let stand 30 minutes. Trim fat from chicken. Cook mushrooms, green onions and garlic in wine in 10-inch nonstick skillet over medium heat about 3 minutes, stirring occasionally, until mushrooms are tender; remove mixture from skillet.

Add oil to skillet. Cook chicken in oil over medium heat until brown on both sides. Add tomato mixture. Heat to boiling; reduce heat. Cover and simmer about 10 minutes, stirring occasionally, until juice of chicken is no longer pink when centers of thickest pieces are cut. Remove chicken from skillet; keep warm.

Mix milk, cornstarch and basil; stir into tomato mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in mushroom mixture, heat through. Serve over chicken and fettuccine.

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**Description:**

"Sun-dried tomatoes add a rich flavor to this low-fat chicken and pasta dish."

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Per serving: 328 Calories (kcal); 4g Total Fat; (10% calories from fat); 35g Protein; 36g Carbohydrate; 69mg Cholesterol; 266mg Sodium  
Food Exchanges: 2 Grain(Starch); 4 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 20180 26438 2313 4977 2665 0 0 0 2130706543 0 0 0 0  
2130706543 2836

\* Exported from MasterCook \*

### Chicken Gazpacho Salad

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Poultry Salads

Amount	Measure	Ingredient -- Preparation Method
1	(14 ounce) package	uncooked fusilli pasta
2	cups	cubed cooked chicken
1	cup	chopped cucumber (about 1 small)
1	cup	chopped yellow or red bell pepper (about 1 medium)
1	cup	chopped tomato (about 1 large)
3/4	cup	spicy eight-vegetable juice
1/4	cup	lemon juice
1/2	teaspoon	pepper
1/4	teaspoon	salt
1	clove	garlic -- finely chopped

Cook pasta as directed on package; drain. Mix pasta and remaining ingredients. Serve immediately.

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Per serving: 351 Calories (kcal); 3g Total Fat; (8% calories from fat); 24g Protein; 55g Carbohydrate; 40mg Cholesterol; 242mg Sodium  
Food Exchanges: 3 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; ■ Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4363 2805 3010 26064 20183 5084 0 0 0 ■

\* Exported from MasterCook \*

### Chicken Lo Mein

Recipe By :

Serving Size : 5 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	skinless boneless chicken breast halves
1/2	pound	snap pea pods -- strings removed (2 cups)
6	ounces	baby-cut carrots -- cut lengthwise into 1/4 inch sticks (1 cup)
1/2	(9 ounce) package	refrigerated linguine -- cut into 2-inch pieces
2	teaspoons	cornstarch
1	teaspoon	sugar
2	teaspoons	water
1/3	cup	fat-free reduced-sodium chicken broth
1	tablespoon	soy sauce
4	cloves	garlic -- finely chopped
2	teaspoons	finely chopped gingerroot
		Toasted sesame seed -- if desired

Cut chicken breast halves lengthwise into 2-inch pieces; cut pieces crosswise into 1/2-inch strips. Heat 2 quarts water to boiling in 3-quart saucepan. Add pea pods, carrots and linguine; heat to boiling. Boil 2 to 3 minutes or until linguine is just tender; drain. Mix cornstarch, sugar and water. Mix broth, soy sauce, garlic and gingerroot; stir in cornstarch mixture.

Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add chicken; stir-fry about 2 minutes or until chicken is white. Stir broth mixture; stir into chicken mixture. Stir in pea pods, carrots and linguine. Cook 2 minutes, stirring occasionally. Sprinkle with toasted sesame seed.

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Per serving: 169 Calories (kcal); 1g Total Fat; (7% calories from fat); 16g Protein; 23g Carbohydrate; 45mg Cholesterol; 289mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

NOTES : Low-fat boiled vegetables and noodles soak up maximum flavor when they are stir-fried in a fresh gingerroot sauce.

Nutr. Assoc. : 2313 4373 2111 3380 0 0 0 20116 0 0 26086 0

\* Exported from MasterCook \*

#### Chicken Pot Stickers

Recipe By :  
Serving Size : 16 Preparation Time : 0:00  
Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

- 1 1/2 pounds ground chicken
- 1/2 cup finely chopped red bell pepper (about 1 small)
- 1/2 cup shredded green cabbage
- 1/3 cup chopped green onions (about 3 medium)
- 2 teaspoons chopped gingerroot
- 1 teaspoon sesame oil
- 1/4 teaspoon white pepper
- 1 egg white
- 1 (10 ounce) package round wonton skins
- 2 cups chicken broth
- 4 teaspoons reduced-sodium soy sauce

Mix all ingredients except wonton skins, broth and soy sauce. Brush each wonton skin with water. Place 1 scant tablespoon chicken mixture on center of skin. Pinch 5 pleats on each of one half of circle. Fold circle in half over chicken mixture, pressing pleated edge to unpleated edge. Repeat with remaining skins and chicken mixture.

Spray 12-inch skillet with nonstick cooking spray. Heat over medium heat. Cook 12 pot stickers ■ a time in skillet 3 minutes or until light brown; turn. Stir in 1/2 cup of the broth and 1 teaspoon of the soy sauce. Cover and cook 5 minutes. Uncover and cook 1 minute longer or until liquid has evaporated. Repeat with remaining pot stickers, broth and soy sauce.

16 servings (3 pot stickers each)

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Per serving: 157 Calories (kcal); 5g Total Fat; (27% calories from fat); 16g Protein; 12g Carbohydrate; 42mg Cholesterol; 290mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : If you can't find ground chicken, you can substitute ground turkey.

Nutr. Assoc. : 0 20164 4920 2665 630 0 0 0 5617 26438 4026

\* Exported from MasterCook \*

### Chicken Ratatouille

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	all-purpose flour
1	teaspoon	salt
1	teaspoon	paprika
1/4	teaspoon	plus 1/8 teaspoon pepper
3	pounds	cut-up broiler-fryer chicken (3 to 3 1/2 pounds)
1	tablespoon	vegetable oil
1/4	cup	water
3	cloves	garlic -- finely chopped
1	tablespoon	chopped fresh basil
		OR
1	teaspoon	dried basil leaves
4	cups	eggplant (about 1 pound) -- (1-inch pieces)
2	cups	sliced zucchini (about 2 small)
1	medium	green bell pepper -- cut into 1-inch pieces
1/2	cup	chopped onion (about 1 medium)
3	medium	tomatoes -- cut into wedges

Mix flour, 1/2 teaspoon of the salt, the paprika and 1/8 teaspoon of the pepper; sprinkle over chicken. Heat oil in 12-inch nonstick skillet or 4-quart Dutch oven. Cook chicken over medium heat about 15 minutes or



until brown on all sides; add water. Heat to boiling; reduce heat. Cover and simmer 20 minutes.

Mix garlic, basil and remaining 1/4 teaspoon pepper. Add eggplant to skillet; sprinkle with half of the garlic mixture. Add zucchini, bell pepper and onion; sprinkle with remaining garlic mixture. Add 1 to 2 tablespoons water if necessary. Cover and simmer 10 to 15 minutes, stirring occasionally, until juices of thickest pieces of chicken run clear and vegetables are crisp-tender. Add tomato wedges; sprinkle with remaining 1/2 teaspoon salt. Cover and simmer about 5 minutes or until tomatoes are hot.

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Per serving: 233 Calories (kcal); 10g Total Fat; (37% calories from fat); 25g Protein; 11g Carbohydrate; 69mg Cholesterol; 451mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Serving Ideas : Sprinkle lightly with freshly grated Parmesan cheese for extra flavor at only a few calories!

Nutr. Assoc. # 0 0 0 1091 5829 0 0 0 0 0 2130706543 3234 26099 0 2679 5296

\* Exported from MasterCook \*

Chicken Satay

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories : Appetizers

Amount Measure Ingredient -- Preparation Method

1 pound boneless skinless chicken breasts  
1/3 cup hoisin sauce  
1/3 cup plum sauce  
2 tablespoons sliced green onions (with tops)  
1 tablespoon grated gingerroot  
2 tablespoons dry sherry  
2 tablespoons white vinegar

Trim fat from chicken breasts. Cut chicken lengthwise into 1/2-inch strips. Mix all ingredients except chicken in large glass or plastic bowl. Add chicken; toss to coat. Cover and refrigerate 2 hours.

Set oven control to broil. Remove chicken from marinade; drain. Reserve marinade. Thread 2 pieces chicken on each of twelve 10-inch skewers.\* Place on rack in broiler pan. Broil with tops 3 to 4 inches from heat about 8 minutes, turning once, until done. Heat marinade to boiling in 1-quart saucepan; boil 1 minute. Serve with chicken.

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Description:

"An authentic Asian satay consists of marinated meat or seafood grilled on skewers and served with a sauce. Hoisin and plum sauce replace the high-fat peanut sauce that usually accompanies satay."

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Per serving: 71 Calories (kcal); 1g Total Fat; (10% calories from fat); 9g Protein; 6g Carbohydrate; 22mg Cholesterol; 170mg Sodium  
 Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

NOTES : \*If using bamboo skewers, soak skewers in water at least 30  
 minutes before using to prevent burning.  
 Nutr. Assoc. : 2314 0 0 20030 0 0 0

\* Exported from MasterCook \*

### Chicken with Bell Peppers

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	vegetable oil
2		medium bell peppers -- cut into 1/4-inch strips
1		small onion -- chopped (1/4 cup)
1		clove garlic -- finely chopped
1		pound skinless boneless chicken breasts -- cut into 1-inch pieces
1	teaspoon	salt
1/8	teaspoon	pepper
1/2		lemon
4	cups	hot cooked couscous
		OR
4	cups	hot cooked rice

Heat oil in 10-inch skillet over medium-high heat. Cook bell peppers, onion and garlic in oil about 5 minutes, stirring occasionally, until peppers are almost tender. Stir in chicken, salt and pepper. Cook about ■ minutes, stirring occasionally, until chicken is no longer pink in center. Squeeze juice from lemon over chicken mixture. Serve with couscous.

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Per serving: 390 Calories (kcal); 9g Total Fat; (20% calories from fat); 33g Protein; 44g Carbohydrate; 66mg Cholesterol; 617mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 2236 0 0 2314 0 0 0 2809 0 2130706543

\* Exported from MasterCook \*

### Chicken with Fennel

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
6		bone-in chicken breast halves (about 3 pounds)
1/4	cup	margarine or butter (1/2 stick) -- softened
1 1/2	tablespoons	chopped fresh basil
		OR
1 1/2	teaspoons	dried basil leaves
1	tablespoon	chopped fresh parsley
		OR
1	teaspoon	dried parsley flakes
1/2	teaspoon	fennel seed

1/8    teaspoon pepper

Heat oven to 375°. Place chicken, skin sides up, on rack in shallow roasting pan. Mix remaining ingredients. Gently loosen skin from chicken with fingers. Spread margarine mixture between breast meat and skin. Cover breast with skin. Bake uncovered 50 to 60 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 199 Calories (kcal); 9g Total Fat; (42% calories from fat); 27g Protein; trace Carbohydrate; 68mg Cholesterol; 166mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4948 4098 0 0 2130706543 0 0 2130706543 0 0

\* Exported from MasterCook \*

### Chicken with Garden Vegetables

Recipe By :  
Serving Size : 4    Preparation Time : 0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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- 1/4 cup wheat germ
- 1 teaspoon chopped fresh basil
- OR
- 1/4 teaspoon dried basil leaves
- 4 skinless boneless chicken breast halves  
(about 1 pound)
- 1/4 cup hot water
- 1/2 teaspoon chicken bouillon granules
- 1/4 cup water
- 1 tablespoon lemon juice
- 1 clove garlic -- crushed
- 1 cup cut-up broccoli
- 2 medium carrots -- cut into julienne strips
- 1 medium red bell pepper -- cut into julienne strips
- 1 small onion -- sliced and separated into rings
- 1 teaspoon chopped fresh basil
- OR
- 1/4 teaspoon dried basil leaves -- if desired
- Salt and pepper to taste -- if desired
- 2 cups hot cooked wild and brown rice mix

Mix wheat germ and 1 teaspoon basil in plastic bag. Add 1 chicken breast half ■ ■ time and shake until evenly coated. Spray 10-inch nonstick skillet with nonstick cooking spray; heat skillet over medium heat. Cook chicken in skillet 10 minutes, turning once, until golden brown. Mix 1/4 cup hot water and the bouillon granules; pour into skillet. Cover and cook 5 to 10 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut. Remove chicken from skillet; keep warm.

Remove any chicken coating from skillet. Heat 1/4 cup water to boiling in skillet; add lemon juice. Cook garlic in liquid in skillet 30 seconds. Stir in remaining ingredients except rice. Cover and cook over medium heat about 5 minutes, stirring occasionally, until vegetables are crisp-tender. Spoon vegetables over rice. Serve with chicken.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Description:

"Celebrate good nutrition with this healthful chicken dish! Bell peppers provide vitamin C; carrots provide lots of vitamin A; and the rice, wheat germ and vegetables provide extra flavor."

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Per serving: 281 Calories (kcal); 3g Total Fat; (8% calories from fat); 34g Protein; 31g Carbohydrate; 68mg Cholesterol; 148mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 0 2130706543 2313 0 0 0 0 0 2653 2495 0 0 0 ■  
2130706543 0 2851

\* Exported from MasterCook \*

Chicken with Orange Glaze

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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3	pounds	broiler-fryer chicken (3 to 3 1/2 pounds)
1/2	cup	honey
2	tablespoons	orange juice
1	tablespoon	lemon juice
1/4	teaspoon	ground nutmeg

Heat oven to 375°. Fold wings of chicken across back with tips touching.  
Tie or skewer drumsticks to tail. Place chicken, breast side up, on rack

in shallow roasting pan. Insert meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone. Roast uncovered 1 hour 15 minutes. Mix remaining ingredients; reserve half of the orange mixture. Brush some of remaining orange mixture on chicken. Roast uncovered about 15 minutes longer, brushing once or twice with remaining orange mixture, until thermometer reads 180° and juice of chicken is no longer pink when center of thigh is cut. Serve chicken with reserved orange juice mixture.

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Description:

"This quick honey-orange glaze is an adaptation of the more time-consuming classic French orange sauce."

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Per serving: 251 Calories (kcal); 7g Total Fat; (24% calories from fat); 23g Protein; 24g Carbohydrate; 69mg Cholesterol; 87mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; ■ Fruit; ■ Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. #5829 0 0 0 0

\* Exported from MasterCook \*

Chicken with Peppers and Artichokes

Recipe By :

Serving Size : 4 Preparation Time :0:00



Categories : Grilling Poultry

Amount	Measure	Ingredient -- Preparation Method
1	(6 ounce) jar	marinated artichoke hearts
1/3	cup	white wine or white wine vinegar
4		skinless boneless chicken breast halves (1 pound)
2	medium	bell peppers -- each cut lengthwise into fourths
4	medium	green onions -- sliced (1/2 cup)
1/4	teaspoon	pepper

Drain marinade from artichoke hearts; reserve marinade. Mix marinade and wine in shallow nonmetal dish or heavy-duty resealable plastic bag. Add chicken and peppers, turning to coat with marinade. Cover dish or seal bag and refrigerate at least 8 hours but no longer than 24 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove chicken and peppers from marinade; reserve marinade. Cover and grill chicken 4 to 6 inches from medium heat 5 minutes. Turn chicken; add peppers to grill. Cover and grill 10 to 15 minutes longer or until peppers are tender and juice of chicken is no longer pink when centers of thickest pieces are cut.

Strain marinade. Mix marinade, artichoke hearts, green onions and pepper. Heat to boiling; boil and stir 1 minute. Serve artichoke sauce with chicken and peppers.

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Per serving: 192 Calories (kcal); 4g Total Fat; (18% calories from fat); 30g Protein; 9g Carbohydrate; 68mg Cholesterol; 217mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #1409 5555 4948 2236 3585 0

\* Exported from MasterCook \*

### Chicken-Apple Pâté

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Appetizers                      Dips, Spreads & Salsas  
                 Poultry

Amount Measure      Ingredient -- Preparation Method

1	pound	chicken livers
1/2	pound	skinless boneless chicken breasts
1	small	onion -- cut in half
1/4	cup	half-and-half
1/4	cup	bourbon
		OR
1/4	cup	chicken broth
1	teaspoon	salt
1/2	teaspoon	ground nutmeg
2		eggs
1	cup	shredded peeled apple (1 medium)
		Red onion or apple slices -- if desired
		Bread slices or crackers -- if desired

Heat oven to 350°. Grease loaf pan, 8 1/2 x 4 1/2 x 2 1/2 inches, or 4-cup ovenproof glass mold or porcelain terrine. Place chicken livers, chicken breasts and onion in food processor. Cover and process until coarsely ground. Add remaining ingredients except shredded apple. Cover and process until well blended. Stir in apple.

Pour chicken mixture into mold. Cover tightly and bake 60 to 70 minutes or until meat thermometer inserted in center reads 180°. Let stand uncovered 1 hour at room temperature. Cover and refrigerate 2 hours to set. Unmold onto serving platter. Garnish with red onion or apple slices. Serve with bread slices.

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Per serving: 73 Calories (kcal); 2g Total Fat; (31% calories from fat); 8g Protein; 4g Carbohydrate; 66mg Cholesterol; 326mg Sodium  
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2130706543 2314 0 704 2130706543 0 0 0 0 3218 30 2130706543  
2130706543

\* Exported from MasterCook \*

### Chicken-Artichoke Toss

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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- 3 cups uncooked radiatore (nugget) pasta (9 ounces)
- 1 (6 ounce) jar marinated artichoke hearts -- undrained
- 1 pound skinless boneless chicken breast halves -- cut into 1/2-inch slices
- 3 cups sliced mushrooms (8 ounces)
- 1 (7 ounce) jar roasted red peppers -- sliced
- 3/4 cup chicken broth
- 1/2 cup dry white wine (or nonalcoholic)  
OR
- 1/2 cup apple juice
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon chopped fresh parsley

Cook and drain pasta as directed on package. Drain liquid from artichokes into 10-inch skillet; heat over medium-high heat. Cook chicken in liquid 3 minutes, stirring occasionally. Stir in mushrooms. Cook 4 to 6 minutes, stirring occasionally, until chicken is light brown and no longer pink. Stir in artichokes and peppers.

Shake broth, wine, cornstarch, salt and pepper in tightly covered container. Gradually stir into chicken mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Toss with pasta. Sprinkle with parsley.

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Per serving: 341 Calories (kcal); 4g Total Fat; (10% calories from fat); 27g Protein; 46g Carbohydrate; 44mg Cholesterol; 514mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; ■ Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 4363 1409 2313 4977 576 0 3186 0 2130706543 0 0 0 0

\* Exported from MasterCook \*

### Chicken-Basil Noodles

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
2	teaspoons	olive or vegetable oil
1	medium	onion -- finely chopped (1/2 cup)
1	clove	garlic -- finely chopped
3	medium	tomatoes -- seeded and chopped (2 1/4 cups)
2	cups	cubed cooked chicken ■ turkey breast
1/4	cup	chopped fresh basil
1/2	teaspoon	salt
2	cups	uncooked cholesterol-free noodles (4 ounces)

Heat oil in 10-inch nonstick skillet over medium-high heat. Cook onion and garlic in oil, stirring occasionally, until onion is tender. Stir in remaining ingredients except noodles; reduce heat to medium. Cover and cook about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft. Meanwhile, cook and drain noodles as directed on package. Serve chicken mixture over noodles.

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Per serving: 256 Calories (kcal); 7g Total Fat; (23% calories from fat); 25g Protein; 24g Carbohydrate; 53mg Cholesterol; 331mg Sodium  
Food Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 986 0 0 5296 2848 0 0 335

\* Exported from MasterCook \*

### Chicken-Rice Casserole

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	reduced-fat margarine
1/3	cup	all-purpose flour
3/4	teaspoon	salt
1/8	teaspoon	pepper
1 1/2	cups	skim milk
1	cup	chicken broth
2	cups	cut-up cooked chicken or turkey (about 10 ounces)
1 1/2	cups	cooked white rice
		OR
1 1/2	cups	cooked wild rice
1/3	cup	chopped green bell pepper
1/4	cup	slivered almonds
2	tablespoons	chopped pimiento

- 1 (4 ounce) can mushroom stems and pieces -- drained  
Parsley --if desired

Heat oven to 350°. Heat margarine in 2-quart saucepan over medium heat. Stir in flour, salt and pepper. Cook, stirring constantly, until bubbly; remove from heat. Stir in milk and broth. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in remaining ingredients. Pour into ungreased 2-quart casserole or square baking dish, 8 x 8 x 2 inches. Bake uncovered 40 to 45 minutes or until bubbly. Garnish with parsley.

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Per serving: 269 Calories (kcal); 10g Total Fat; (32% calories from fat); 21g Protein; 24g Carbohydrate; 41mg Cholesterol; 635mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. #3931 0 0 0 0 0 2805 0 0 2130706543 0 0 4487 2461 2130706543

\* Exported from MasterCook \*

#### Chicken-Stuffed Mushrooms

Recipe By :  
Serving Size : 12 Preparation Time :0:00  
Categories : Appetizers Poultry

Amount	Measure	Ingredient -- Preparation Method
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1/4	cup	chopped onion (about 1 small)
2	tablespoons	chopped fresh cilantro
3	tablespoons	cholesterol-free egg product
		OR
3	tablespoons	egg white
1	tablespoon	Dijon mustard
1 1/2	teaspoons	finely chopped gingerroot
2	teaspoons	reduced-sodium soy sauce
1	clove	garlic -- finely chopped
1/2	pound	ground chicken
12	large	mushrooms -- stems removed

Heat oven to 450°. Spray cookie sheet with nonstick cooking spray. Mix all ingredients except mushrooms. Fill mushroom caps with chicken mixture. Place mushrooms, filled sides up, on cookie sheet. Bake 7 to 10 minutes or until tops are light brown and chicken mixture is done. Serve hot.

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Per serving: 38 Calories (kcal); 2g Total Fat; (40% calories from fat); 4g Protein; 1g Carbohydrate; 15mg Cholesterol; 74mg Sodium  
 Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : For a deeper mushroom flavor, look for cultivated wild mushrooms, such as cremini, for this appetizer.



Nutr. Assoc. x2679 0 2130706543 0 0 0 26086 4026 0 694 26405

\* Exported from MasterCook \*

# Chicken-Vegetable Kabobs

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Grilling Poultry

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	olive or vegetable oil
1	tablespoon	chopped fresh basil
		OR
1	teaspoon	dried basil leaves
1 1/2	teaspoons	snipped fresh dill
		OR
1/2	teaspoon	dried dill weed
2	cloves	garlic -- finely chopped
1	pound	skinless boneless chicken breast halves -- cut into strips
		Assorted bite-size pieces fresh vegetables (carrots,* zucchini, yellow squash, peeled red pearl onions, small red potatoes,* ears of corn cut into 1 1/2 inch chunks*)

Mix oil, basil, dill weed and garlic in medium glass or plastic dish. Add chicken; stir to coat with marinade. Cover dish or seal bag and refrigerate 1 to 2 hours. Remove chicken from marinade; reserve marinade.

Heat coals or gas grill. Thread chicken and vegetables alternately on each of six 15-inch metal skewers, leaving space between each. Cover and grill kabobs 4 to 5 inches from medium coals 10 to 15 minutes, turning and brushing 2 or 3 times with marinade, until chicken is no longer pink in center.

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Description:

"No matter what the spelling—kabob or kebab—everyone likes them! Include an assortment of vegetables so that guests can choose their favorites."

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Per serving: 191 Calories (kcal); 13g Total Fat; (61% calories from fat); 18g Protein; trace Carbohydrate; 44mg Cholesterol; 49mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; ■ Fruit; 2 1/2 Fat; 0 Other Carbohydrates

NOTES : \*Partially cook before grilling to ensure doneness. Place carrots, potatoes, corn and 2 tablespoons water in microwavable dish. Cover and microwave on High 3 to 6 minutes.

Nutr. Assoc. : 986 0 0 2130706543 0 0 2130706543 0 2313 0 0 0 0

\* Exported from MasterCook \*

## Chili Baked Potatoes

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
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4	large	baking potatoes
1	(15 ounce)	can chili beans — <b>undrained</b>

1/4 cup grated Parmesan cheese  
Salt and pepper to taste  
Cottage Cheese Topping — (recipe follows)  
Chopped bell pepper -- if desired

#### COTTAGE CHEESE TOPPING

1 1/2 cups cottage cheese  
1 tablespoon milk (1 to 2 tablespoons)  
1 tablespoon lemon juice

Heat oven to 375°. Pierce potatoes with fork. Bake potatoes 1 1/4 to 1 1/2 hours (or microwave on High 12 to 14 minutes) until tender. Cool just until easy to handle.

Heat chili beans in 2-quart saucepan over medium heat until hot. Split open potatoes; top with beans. Sprinkle with cheese, salt and pepper. Serve with Cottage Cheese Topping. Sprinkle with bell pepper.

#### COTTAGE CHEESE TOPPING:

Place all ingredients in blender. Cover and blend on medium-high speed, stopping blender occasionally to scrape sides, until smooth. Add additional milk if necessary to achieve desired creaminess.

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Per serving: 288 Calories (kcal); 4g Total Fat; (12% calories from fat); 22g Protein; 45g Carbohydrate; 11mg Cholesterol; 1254mg Sodium

Food Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4600 815 0 0 2130706543 2130706543 0 0 ■ 4038 0

\* Exported from MasterCook \*

### Chilled Shrimp Fettuccine

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
8	ounces	uncooked fettuccine
8	ounces	frozen peeled and deveined cooked medium shrimp -- thawed and drained
1	tablespoon	lemon juice
3/4	cup	fat-free mayonnaise or salad dressing
1/4	cup	chopped fresh parsley
1/4	cup	finely chopped red onion (about 1 small)
1/4	cup	fat-free Italian dressing
1	teaspoon	Creole or Cajun seasoning
1/2	teaspoon	pepper

Cook and drain fettuccine as directed on package. Rinse with cold water; drain. Toss shrimp and lemon juice in large bowl. Mix remaining ingredients. Add mayonnaise mixture and fettuccine to shrimp; toss. Cover and refrigerate 1 to 2 hours to blend flavors.

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Per serving: 321 Calories (kcal); 2g Total Fat; (5% calories from fat); 19g Protein; 55g Carbohydrate; 86mg Cholesterol; 924mg Sodium  
Food Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 3274 4125 0 25021 0 20034 25018 2419 0

\* Exported from MasterCook \*

### Chilled Spring Rolls

Recipe By :

Serving Size : 10 Preparation Time :0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
2		green onions
5	cups	bean sprouts (10 ounces)
10		cooked fresh crab legs (each about 2 inches long) -- shelled
		OR
10		imitation whole crab legs (each about 2 inches long)
1	teaspoon	sesame oil
10		leaf lettuce leaves
10		ready-to-eat spring roll skins (8 1/2 inches square)
1/3	cup	chopped fresh cilantro
		Honey Sichuan Sauce -- (recipe follows)
		 HONEY SICHUAN SAUCE
1/3	cup	honey
1/3	cup	chili purée

Cut green onions into 2-inch pieces; cut pieces lengthwise into thin strips. Mix green onions and bean sprouts; divide mixture into 10 equal parts. Sprinkle crabmeat pieces with sesame oil. Tear each lettuce leaf into 3-inch squares.

Place 1 lettuce square on center of 1 spring roll skin. (Cover remaining skins with plastic wrap to keep them pliable.) Place 1 part bean sprout mixture on lettuce; top with 1 crabmeat piece and 1 1/2 teaspoons cilantro. Fold bottom corner of spring roll skin over filling, tucking the point under. Fold in and overlap the 2 opposite corners. Brush fourth corner generously with cold water; roll up to seal.

Repeat with remaining spring roll skins. (Cover filled spring rolls with plastic wrap to keep them from drying out.) Cover and refrigerate at least 2 hours but no longer than 8 hours. Cut in half if desired. Serve with Honey Sichuan Sauce.

#### HONEY SICHUAN SAUCE:

Mix ingredients.

---

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T(Refrigerate):  
"2:00"

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Per serving: 285 Calories (kcal); 3g Total Fat; (10% calories from fat); 31g Protein; 32g Carbohydrate; 74mg Cholesterol; 1675mg Sodium

Food Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit, 1/2 Fat, 1/2 Other Carbohydrates

Nutr. Assoc. : 26402 96 790 0 2130706543 0 810 20188 0 2130706543 ■ 0 0  
27232

\* Exported from MasterCook \*

### Chimichangas

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1		pound lean ground turkey
1		small onion -- finely chopped (1/4 cup)
1		clove garlic -- finely chopped
1/4	cup	slivered almonds
1/4	cup	raisins
1	tablespoon	red wine vinegar
1	teaspoon	ground red chilis or chili powder
1/2	teaspoon	salt
1/4	teaspoon	ground cinnamon
1/8	teaspoon	ground cloves
1		medium tomato -- chopped (3/4 cup)
1	(4 ounce) can	chopped green chilis
8		flour tortillas (8 to 10 inches in diameter) -- warmed
1		egg -- beaten
		Salsa -- if desired

Cook turkey, onion and garlic in 10-inch nonstick skillet over medium heat 8 to 10 minutes, stirring occasionally, until turkey is no longer pink; drain. Stir in almonds, raisins, vinegar, ground red chilis, salt, cinnamon, cloves, tomato and green chilis. Heat to boiling; reduce heat. Simmer uncovered 20 minutes, stirring occasionally.

Spoon about 1/2 cup turkey mixture onto center of each tortilla. Fold one

end of tortilla up about 1 inch over turkey mixture; fold right and left sides over folded end, overlapping. Fold remaining end down. Brush edges with egg to seal.

Heat oven to 400°. Spray chimichangas with cooking spray. Place seam sides down in ungreased jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Bake 8 to 10 minutes or until tortillas begin to brown and filling is hot. Serve chimichangas with salsa.

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Per serving: 306 Calories (kcal); 11g Total Fat, (33% calories from fat); 16g Protein; 35g Carbohydrate; 68mg Cholesterol; 600mg Sodium  
Food Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 694 0 0 0 0 0 2614 0 0 0 0 27203 1666 0 0

\* Exported from MasterCook \*

### Chinese Barbecued Ribs

Recipe By :  
Serving Size : 42 Preparation Time : 0:00  
Categories : Appetizers Meat  
Pork



Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1 1/2	pounds	fresh pork spareribs (1 1/2 to 2 pounds)
1/4	cup	soy sauce
1/4	cup	hoisin sauce
		OR
1/4	cup	chili sauce
2	tablespoons	honey
2	tablespoons	sake or dry sherry
1	small clove	garlic -- crushed

Have butcher cut spareribs crosswise into 1 1/2-inch pieces. Place ribs in shallow glass or plastic dish. Mix remaining ingredients; spoon over ribs. Cover and refrigerate at least 2 hours but no longer than 24 hours.

Heat oven to 325°. Line broiler pan with aluminum foil. Remove ribs from marinade; reserve marinade. Arrange ribs, meaty sides up, in single layer on rack in broiler pan. Brush with reserved marinade. Cover and bake 1 hour. Brush ribs with marinade. Bake uncovered about 45 minutes longer, brushing occasionally with marinade, until tender.

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Per serving: 34 Calories (kcal); 2g Total Fat; (53% calories from fat); 2g Protein; 2g Carbohydrate; 6mg Cholesterol; 130mg Sodium  
 Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Look for sake and hoisin sauce in the ethnic section of your

supermarket.

Nutr. Assoc. : 9128 0 0 0 2130706543 0 4810 0

\* Exported from MasterCook \*

### Chinese Chicken Salad with Peanut Dressing

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry Salads

Amount Measure Ingredient -- Preparation Method

-----  
 Crispy Wonton Strips -- (recipe follows)  
 Warm Peanut Dressing -- (recipe follows)  
 1 (8 ounce) can pineapple tidbits in juice -- drained and juice reserved  
 1/2 pound Chinese pea pods (2 cups)  
 6 cups shredded romaine lettuce  
 1 large red bell pepper -- cut lengthwise into fourths and sliced crosswise  
 1 cup shredded cooked chicken breast  
 1/4 cup sliced green onions (3 medium)

#### CRISPY WONTON STRIPS

1 tablespoon water  
 1 tablespoon soy sauce  
 Dash garlic powder  
 12 wonton skins  
 Sesame seed -- if desired

#### WARM PEANUT DRESSING

1/3 cup unsweetened pineapple juice  
 1/4 cup water  
 1 1/4 teaspoons ground coriander  
 1 teaspoon cornstarch  
 2 cloves garlic -- finely chopped  
 2 tablespoons creamy peanut butter  
 1 1/2 tablespoons cider vinegar  
 2 teaspoons soy sauce  
 1 1/2 teaspoons grated gingerroot

Prepare Crispy Wonton Strips and Warm Peanut Dressing, using reserved pineapple juice for the dressing recipe. Remove strings from pea pods. Place pea pods in boiling water. Cover and cook 1 minute; drain. Immediately rinse with cold water; drain. Cut pea pods in half. Toss romaine, pea pods, bell pepper and pineapple. Divide among 4 plates. Top with chicken, peanut dressing and green onions. Garnish with wonton strips.

#### CRISPY WONTON STRIPS:

Heat oven to 350°. Spray cookie sheet with nonstick cooking spray. Mix water, soy sauce and garlic powder; brush on wonton skins. Cut each skin into 3/8-inch strips. Place strips on cookie sheet. Sprinkle with sesame seed. Bake 6 to 8 minutes or until golden brown; cool.

#### WARM PEANUT DRESSING:

Heat all ingredients to boiling in 1-quart saucepan, stirring constantly. Stir until smooth; remove from heat. Let stand 5 minutes.

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Per serving: 286 Calories (kcal); 7g Total Fat; (20% calories from fat); 19g Protein; 40g Carbohydrate; 32mg Cholesterol; 652mg Sodium  
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 2 Vegetable; 1 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Leftover egg roll skins can be used to make the crispy wonton

strips. They are also great for low-fat snacking!

Nutr. Assoc. : 2130706543 2130706543 26135 4373 4924 ■ 2805 20030 4373

4924 0 0 0 5617 2130706543 0 0 0 0 5617 ■ 0 5011 0 0 0

\* Exported from MasterCook \*

## Chinese Firecrackers

Recipe By :

Serving Size : 14 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	plus 2 teaspoons vegetable oil
1/2	pound	ground turkey
1	cup	finely chopped cabbage
1/2	cup	shredded carrot (about 1 medium)
2	tablespoons	finely chopped green onions (with tops)
1	tablespoon	chili paste or purée
1	tablespoon	dry white wine
1	teaspoon	cornstarch
14		frozen phyllo leaves (13 × 9 inches) -- thawed
3/4	cup	sweet-and-sour sauce

Heat 1 teaspoon oil in 10-inch nonstick skillet. Cook ground turkey, cabbage, carrot and green onions in oil over medium heat about 5 minutes, stirring frequently, until turkey is done and vegetables are crisp-tender. Stir in chili paste. Mix wine and cornstarch; stir into turkey mixture. Cook uncovered, stirring occasionally, until slightly thickened.

Heat oven to 375°. Cut phyllo leaves crosswise in half. Cover with damp towel to keep them from drying out while you work. Place 1 piece phyllo on flat surface. Brush with small amount of oil. Top with second piece phyllo. Place about 2 tablespoons turkey mixture on short end of phyllo; shape into about 4-inch log. Roll up phyllo and turkey mixture. Twist phyllo 1 inch from each end to form firecracker shape. Repeat with remaining phyllo and turkey mixture. Brush firecrackers with remaining oil.

Bake on ungreased cookie sheet 18 to 22 minutes or until phyllo is crisp and golden brown. Serve with sweet-and-sour sauce.

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Description:

"Twisted in a crisp phyllo wrapping, these sweet-and-sour appetizers look like little firecrackers."

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Per serving: 111 Calories (kcal); 4g Total Fat; (28% calories from fat); 4g Protein; 15g Carbohydrate; 13mg Cholesterol; 159mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 1563 694 5806 4921 20029 27232 0 0 1290 26325

\* Exported from MasterCook \*

Chinese Tacos with Tomato-Ginger Salsa

Recipe By :

Serving Size : 10 Preparation Time :0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

-----  
Tomato-Ginger Salsa -- (recipe follows)

- 1 pound lean ground beef
- 1/4 cup hoisin sauce
- 3 tablespoons water
- 2 tablespoons soy sauce
- 1/8 teaspoon ground red pepper (cayenne)
- 10 taco shells
- 1/4 cup sesame seed
- 2 cups shredded napa (Chinese) cabbage (8 ounces)
- 1 medium carrot -- shredded (3/4 cup)
- Plum sauce -- if desired

#### TOMATO-GINGER SALSA

- 1 large tomato (1 cup) -- finely chopped
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon finely chopped gingerroot

Prepare Tomato-Ginger Salsa. Cook ground beef in 10-inch skillet, stirring frequently, until brown; drain. Stir in hoisin sauce, 2 tablespoons of the water, 1 tablespoon of the soy sauce and the red pepper. Heat to boiling, stirring constantly. Boil and stir 2 minutes.

Heat oven to 350°. Mix remaining 1 tablespoon water and 1 tablespoon soy sauce. Brush taco shells with mixture; sprinkle with sesame seed. Place on ungreased cookie sheet. Bake 5 to 7 minutes or until heated through. Fill taco shells with beef mixture. Top with cabbage, carrot and salsa. Serve with plum sauce.

#### TOMATO-GINGER SALSA:

Mix all ingredients.

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Per serving: 195 Calories (kcal); 11g Total Fat; (48% calories from fat); 11g Protein; 15g Carbohydrate; 28mg Cholesterol; 389mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2130706543 9018 0 0 0 2514 1473 1357 4920 ■ 2130706543 0 0  
 3872 0 26086

\* Exported from MasterCook \*

### Chocolate Apricot Squares

Recipe By :  
 Serving Size : 25 Preparation Time :0:00  
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	all-purpose flour
1/4	cup	powdered sugar
1/4	cup	margarine -- softened
3		egg whites
1/2	cup	granulated sugar
1/2	cup	apricot jam
3	tablespoons	miniature semisweet chocolate chips

Heat oven to 350°. Spray square pan, 9 x 9 x 2 inches, with nonstick cooking spray. Mix flour, powdered sugar, margarine and 1 of the egg whites. Press in pan. Bake about 15 minutes or until set.

Increase oven temperature to 400°. Beat remaining 2 egg whites in small bowl with electric mixer on high speed until foamy. Beat in granulated sugar, 1 tablespoon at a time; continue beating until whites are stiff and glossy. Do not underbeat.

Spread jam over baked layer. Sprinkle with chocolate chips. Spread beaten egg whites over jam and chocolate chips. Bake about 10 minutes or until meringue is brown. Cool completely. Cut into 1 1/2-inch squares.

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 Yield:  
 "25 Squares"

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Per serving: 78 Calories (kcal); 2g Total Fat; (25% calories from fat); 1g Protein; 14g Carbohydrate; 0mg Cholesterol; 31mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Any flavor of jam is delicious in this recipe. To make cutting this dessert easier, simply wet the knife to keep it from sticking.

Nutr. Assoc. : 0 0 0 3231 0 0 4149

\* Exported from MasterCook \*

### Chocolate Kiss-Peanut Butter Cookies

Recipe By :  
 Serving Size : 36 Preparation Time : 0:00  
 Categories : Cookies Desserts

Amount	Measure	Ingredient	-- Preparation Method
--------	---------	------------	-----------------------



- 
- 1 (14 ounce) can sweetened condensed milk
  - 3/4 cup peanut butter
  - 2 cups Bisquick® Original baking mix
  - 1 teaspoon vanilla
  - Sugar
  - 36 foil-wrapped milk chocolate or milk and  
white chocolate kisses -- unwrapped (about)

Heat oven to 375°. Mix milk and peanut butter in large bowl until smooth. Stir in baking mix and vanilla. Shape dough into 1 1/4-inch balls. Roll in sugar. Place 2 inches apart on ungreased cookie sheet. Bake 8 to 10 minutes or until bottoms of cookies just begin to brown. Immediately press chocolate kiss into top of each cookie.

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Yield:  
"36 Cookies"

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Per serving: 121 Calories (kcal); 6g Total Fat, (44% calories from fat); 3g Protein; 14g Carbohydrate; 5mg Cholesterol; 121mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. # 0 0 2250 0 0 918 0

\* Exported from MasterCook \*

## Chocolate Pudding Yogurt Pops

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Appetizers Desserts

Amount	Measure	Ingredient -- Preparation Method
1	(16 ounce) container	extra-creamy plain nonfat yogurt (2 cups)
1	package (4 serving size)	chocolate instant pudding and pie filling
6		paper cups (3 ounce size)
6		wooden ice-cream sticks

Beat yogurt and pudding and pie filling (dry) with wire whisk or hand beater until smooth. Spoon into six 3-ounce paper cups; insert wooden ice-cream sticks in center of yogurt mixture in each cup. Freeze about 4 hours or until firm. Peel off paper cups before serving.

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Yield:

"6 Pops"

---

Per serving: 101 Calories (kcal); trace Total Fat, (3% calories from fat); 5g Protein; 20g Carbohydrate; 1mg Cholesterol; 294mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 1 Other Carbohydrates

NOTES : You can also make sandwich cookies by spreading 1 tablespoon of the pudding-yogurt mixture between graham crackers or 1 teaspoon of the mixture between vanilla wafers. Then freeze 2 hours and enjoy!

Nutr. Assoc. : 20137 1546 0 0

\* Exported from MasterCook \*

# Chocolate-Cherry Cobbler

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
3	tablespoons	packed brown sugar
2	tablespoons	cornstarch
1	(16 ounce) can	pitted red tart cherries packed in water — undrained
1/4	teaspoon	almond extract
6	drops	red food color -- if desired
2	tablespoons	reduced-fat margarine
1/2	cup	all-purpose flour
1	tablespoon plus 1 teaspoon	cocoa
3/4	teaspoon	baking powder
1/8	teaspoon	salt
1/3	cup	skim milk
1	teaspoon	vanilla

Heat oven to 375°. Mix 2 tablespoons of the brown sugar and the cornstarch in 2-quart saucepan; stir in cherries. Cook over medium heat, stirring occasionally, until slightly thickened, 4 to 5 minutes. Stir in almond extract and food color. Pour into ungreased 1-quart casserole.

Cut margarine into flour, cocoa, remaining 1 tablespoon brown sugar, the baking powder and salt until mixture resembles fine crumbs. Stir in milk and vanilla. Drop dough by 6 spoonfuls onto hot cherry mixture.

Bake until topping is no longer doughy, 20 to 25 minutes. Serve warm.

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Per serving: 135 Calories (kcal); 2g Total Fat; (14% calories from fat); 2g Protein; 28g Carbohydrate; trace Cholesterol; 141mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 314 0 4706 4295 0 2727 0 0 0 0

\* Exported from MasterCook \*

### Chocolate-Glazed Brownies

Recipe By :  
Serving Size : 16 Preparation Time :0:00  
Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	sugar
1/3	cup	margarine -- softened
1	teaspoon	vanilla
3		egg whites
2/3	cup	all-purpose flour
1/2	cup	cocoa

- 1/2    teaspoon baking powder
- 1/4    teaspoon salt
- Chocolate Glaze -- (recipe follows)

#### CHOCOLATE GLAZE

- 2/3        cup powdered sugar
- 2    tablespoons cocoa
- 1/4    teaspoon vanilla
- 3        teaspoons hot water (3 to 4 teaspoons)

Heat oven to 350°. Spray square pan, 8 × 8 × 2 inches, with nonstick cooking spray. Mix sugar, margarine, vanilla and egg whites in medium bowl. Stir in remaining ingredients except Chocolate Glaze. Spread in pan.

Bake 20 to 25 minutes or until toothpick inserted in center comes out clean; cool. Prepare Chocolate Glaze. Spread glaze evenly over brownies. Cut into about 2-inch squares.

#### CHOCOLATE GLAZE:

Mix all ingredients.

---

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Yield:  
"16 Brownies"

-----

Per serving: 132 Calories (kcal); 4g Total Fat; (27% calories from fat); 2g Protein; 23g Carbohydrate; 0mg Cholesterol; 104mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 0 0 0 3231 0 0 0 0 2130706543 0 0 0 0 0 3728

\* Exported from MasterCook \*

### Chocolate-Orange Angel Food Cake

Recipe By :

Serving Size : 16 Preparation Time : 0:00

Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1 1/2	cups	powdered sugar
3/4	cup	cake flour
1/4	cup	cocoa
1 1/2	cups	egg whites (about 12)
1 1/2	teaspoons	cream of tartar
1	cup	granulated sugar
1/4	teaspoon	salt
3	cups	orange sherbet -- softened

Move oven rack to lowest position. Heat oven to 375°. Sift together powdered sugar, flour and cocoa. Beat egg whites and cream of tartar in large bowl on medium speed until foamy. Beat in granulated sugar, 2 tablespoons at a time, on high speed, adding salt with the last addition of sugar. Continue beating until stiff and glossy. Do not underbeat.

Sprinkle cocoa mixture, 1/4 cup at a time, over meringue, folding in just until cocoa mixture disappears. Spread batter in ungreased tube pan, 10 × 4 inches. Gently cut through batter with metal spatula.

Bake 30 to 35 minutes or until cracks feel dry and top springs back when touched lightly. Invert pan onto metal funnel or glass bottle about 2 hours or until cake is completely cool. Remove from pan.

Slice off top of cake about 1 inch down; set aside. Cut down into cake 1 inch from outer edge and 1 inch from edge of hole, leaving substantial "walls" on each side. Remove cake within cuts with curved knife or spoon, being careful to leave a base of cake 1 inch thick. Spoon sherbet into cake cavity; smooth up. Replace top of cake. Cover and freeze about 3 hours or until firm.

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Per serving: 176 Calories (kcal); 1g Total Fat; (4% calories from fat); 3g Protein; 40g Carbohydrate; 2mg Cholesterol; 88mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 3231 0 0 0 0

\* Exported from MasterCook \*

### Chunky Artichoke Dip

Recipe By :  
Serving Size : 24 Preparation Time :0:00  
Categories : Dips, Spreads & Salsas

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1/2	cup	reduced-fat sour cream
-----	-----	------------------------

1/4 cup reduced-fat cream cheese (Neufchâtel)  
1/2 teaspoon sugar -- if desired  
1 small green bell pepper -- chopped (1/2 cup)  
4 medium green onions -- chopped (1/4 cup)  
1 clove garlic -- finely chopped  
1 (6 ounce) jar marinated artichoke hearts -- drained and coarsely chopped  
Assorted crackers or vegetable dippers -- if desired

Mix all ingredients except crackers. Cover and refrigerate about 2 hours or until chilled. Serve with crackers.

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Description:

"Have it your way! You can use a red, yellow or green bell pepper to make this crunchy dip."

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Yield:

"1 1/2 Cups"

-----

Per serving: 20 Calories (kcal); 1g Total Fat; (45% calories from fat); 1g Protein; 2g Carbohydrate; 2mg Cholesterol; 42mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #4055 20218 0 0 3585 0 1409 2130706543

\* Exported from MasterCook \*



## Chunky Tuna Salad Roll-Ups

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Sandwiches Seafood

Amount	Measure	Ingredient -- Preparation Method
1	(6 ounce) can	tuna in water -- drained
1	medium stalk	celery -- coarsely chopped (1/2 cup)
2	medium	green onions -- sliced (1/4 cup)
1	small	apple -- coarsely chopped (1/4 cup)
1/2	cup	nonfat lemon-flavored yogurt
1/8	teaspoon	coarsely ground pepper
4		fat-free flour tortillas (6 or 7 inches in diameter)
		Leaf lettuce
		Thin slices red onion

Mix all ingredients except tortillas, lettuce and red onion. Layer tortillas with lettuce and red onion. Fold up bottom third of each tortilla; roll up tortilla to form cone shape with folded end at bottom. Secure with toothpick. Spoon tuna mixture into center of each tortilla cone.

---

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Per serving: 151 Calories (kcal); 1g Total Fat; (3% calories from fat); 14g Protein; 22g Carbohydrate; 13mg Cholesterol; 329mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat, ■ Vegetable; 1/2 Fruit, 0 Fat, 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 3585 0 4237 3907 25064 0 0

\* Exported from MasterCook \*

### Cilantro Pesto Chicken

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount Measure Ingredient -- Preparation Method

-----  
                   Cilantro Pesto -- (recipe follows)  
 6          ounces uncooked fettuccine  
 2          teaspoons vegetable oil  
 1          cup 1-inch diagonal slices asparagus (4  
               ounces)  
 1          cup sliced fresh mushrooms (3 ounces)  
 1          medium onion -- chopped (1/2 cup)  
 1 1/2      cups cut-up cooked chicken

                  CILANTRO PESTO  
 1/4       cup reduced-sodium chicken broth  
 2          tablespoons olive or vegetable oil  
 2          teaspoons lemon juice  
 1/4       cup grated Parmesan cheese  
 1          tablespoon pine nuts  
 2          cloves garlic  
 1          cup firmly packed fresh cilantro

Prepare Cilantro Pesto. Cook and drain fettuccine as directed on package.

While fettuccine is cooking, heat oil in 10-inch nonstick skillet over high heat. Cook asparagus, mushrooms and onion in oil 4 minutes, stirring frequently, until asparagus is crisp-tender; reduce heat. Stir in chicken. Heat through; remove from heat. Add hot fettuccine and pesto to skillet;

toss. Serve immediately.

#### CILANTRO PESTO:

Place all ingredients in blender or food processor in the order listed.  
Cover and blend on medium speed, stopping occasionally to scrape sides,  
until almost smooth.

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Per serving: 388 Calories (kcal); 14g Total Fat; (33% calories from fat); 27g Protein; 38g Carbohydrate; 49mg Cholesterol; 172mg Sodium  
Food Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : You can make the Cilantro Pesto ahead of time and keep it covered  
in the refrigerator. It will keep up to 3 days.

Nutr. Assoc. : 2130706543 3274 1563 110 4977 0 4732 0 0 4017 986 ■ 0 1126  
0 384

\* Exported from MasterCook \*

#### Coconut Curry Chicken

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

---

3/4		pound skinless boneless chicken breast halves
1	tablespoon	curry powder
1	teaspoon	vegetable oil
1		small onion -- cut into 2 x 1/4-inch slices
1		small zucchini -- cut into 1/4-inch slices
1		medium green bell pepper -- cut into 3/4-inch pieces
1/3	cup	reduced-fat (lite) coconut milk
1	tablespoon	brown bean sauce
1	teaspoon	grated gingerroot
1/2	teaspoon	salt
2	tablespoons	shredded coconut -- toasted*
		Hot cooked rice -- if desired

Trim fat from chicken. Rub curry powder on chicken. Cut chicken into 3/4-inch pieces. Let stand 10 minutes. Spray 12-inch nonstick skillet or wok with nonstick cooking spray; heat over medium-high heat. Add chicken; stir-fry 2 minutes. Move chicken to side of skillet. Add oil to center of skillet. Add onion, zucchini and bell pepper; stir-fry 2 minutes. Add coconut milk, bean sauce, gingerroot and salt; cook and stir until sauce coats vegetables and chicken and is heated through. Sprinkle with coconut. Serve over rice.

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Per serving: 158 Calories (kcal); 4g Total Fat; (24% calories from fat); 21g Protein; 9g Carbohydrate; 49mg Cholesterol; 362mg Sodium

Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Toasted coconut adds an exotic tropical flavor, but just 2 tablespoons contain 4 grams of fat. By limiting the amount of coconut you use and using reduced-fat coconut milk, you can enjoy this favorite taste without excess fat and calories.

\*To toast coconut, heat oven to 350°. Bake in ungreased pan 5 to 7 minutes, stirring occasionally, until golden brown.

Nutr. Assoc. #2313 0 0 0 0 0 564 1509 0 0 4923 2130706543

\* Exported from MasterCook \*

### Cod with Tomato-Olive Sauce

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1	pound	cod fillets
1	tablespoon	olive or vegetable oil
1	large	onion -- chopped (1 cup)
14 1/2	ounces	diced tomatoes with roasted garlic, onion and oregano
1	(4 1/2 ounce) can	sliced ripe olives -- drained
1/4	teaspoon	salt
1/4	teaspoon	pepper
2	tablespoons	lemon juice

If fish fillets are large, cut into 4 serving pieces. Heat oil in 10-inch nonstick skillet over medium-high heat. Cook onion in oil 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in tomatoes, olives, salt and pepper; heat to boiling. Arrange fish fillets in single layer in tomato mixture. Sprinkle with lemon juice; reduce heat to medium-high. Cover and cook 8 to 10 minutes or until fish flakes easily with fork.

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Per serving: 201 Calories (kcal); 8g Total Fat; (33% calories from fat); 22g Protein; 11g Carbohydrate; 49mg Cholesterol; 831mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 1 1/2 Fat; ■ Other Carbohydrates

NOTES : When buying frozen fish, look for packages that are well wrapped and free from ice crystals. Frozen fish should be thawed in the refrigerator or in the microwave. This is delicious served with chunks of crusty bread to sop up all of the flavorful juices.  
Serve with chopped fresh parsley for a bit of color.

Nutr. Assoc. : 2748 986 0 1408 4971 0 0 0

\* Exported from MasterCook \*

### Cool Chocolate-Coffee Shake

Recipe By :  
Serving Size : 2 Preparation Time : 0:00  
Categories : Appetizers Beverages

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	chocolate low-fat ice cream or frozen yogurt
1/4	cup	prepared espresso or strong coffee
1/4	cup	skim milk

Dash ground cinnamon

Dash cocoa

Place all ingredients except cocoa in blender. Cover and blend on high speed until smooth and frothy. Pour into 2 glasses. Sprinkle with cocoa.

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Description:

"This shake gives you the treat of a classic milkshake, but puts the freeze on fat by using ice milk, which has 3 grams of fat per serving. In contrast, premium ice cream can weigh in ■ 17 grams of fat per 1/2-cup serving!"

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Per serving: 184 Calories (kcal); 7g Total Fat; (30% calories from fat); 5g Protein; 28g Carbohydrate; 6mg Cholesterol; 122mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 2 Other Carbohydrates

Nutr. Assoc. : 2638 2349 0 0 0

\* Exported from MasterCook \*

Cranberry Raspberry Iced Tea

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Appetizers Beverages

Amount	Measure	Ingredient -- Preparation Method
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4	cups	iced tea
4	cups	chilled cranberry-raspberry drink
1	cup	raspberries
		Fresh mint leaves -- if desired

Mix tea and cranberry-raspberry drink. Pour over ice. Top with raspberries. Garnish with mint.

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Per serving: 81 Calories (kcal); trace Total Fat; (2% calories from fat); trace Protein; 20g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #2350 469 1232 0

\* Exported from MasterCook \*

Cream of Corn and Broccoli Casserole

Recipe By :  
 Serving Size : 4 Preparation Time :0:00



Categories : Breads and Sides

Amount Measure Ingredient -- Preparation Method

---

1 (10 ounce) package frozen broccoli flowerets  
 1 (15 ounce) can cream-style corn  
 1/4 cup fat-free cholesterol-free egg product  
 OR  
 2 egg whites -- slightly beaten  
 1/3 cup chopped onion  
 1/4 teaspoon salt  
 Pepper to taste  
 2 slices white bread  
 1 teaspoon margarine

Heat oven to 350°. Spray 2-quart casserole with nonstick cooking spray.  
 Cook broccoli ■ directed on package. Mix broccoli, corn, egg product,  
 onion, salt and pepper; spoon into casserole.

Cut desired shapes from bread with small cookie cutters. Spread margarine  
 on one side of bread cutouts; arrange margarine side up on broccoli  
 mixture. Cover and bake about 45 minutes or until heated through.

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 approved Betty Crocker® Recipe.

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 T(Bake):  
 "0:45"

Per serving: 150 Calories (kcal); 2g Total Fat; (11% calories from fat); 6g Protein; 31g Carbohydrate; trace Cholesterol; 548mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 2960 3220 0 2130706543 0 0 0 0 0

\* Exported from MasterCook \*

### Creamy Coleslaw

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Breads and Sides                      Salads

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	plain nonfat yogurt
2	tablespoons	Dijon mustard
1	tablespoon	reduced-fat mayonnaise or salad dressing
2	teaspoons	sugar
		Freshly ground pepper
3	cups	finely shredded red or green cabbage
1/2	cup	shredded carrot (about 1 small)
3	tablespoons	chopped red onion

Mix yogurt, mustard, mayonnaise, sugar and pepper in medium glass or plastic bowl or in heavy plastic bag. Stir in remaining ingredients until evenly coated. Cover and refrigerate at least 1 hour.

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## Description:

"It is hard to believe that coleslaw can be part of a lower-calorie menu. This one is as crunchy and creamy as delicatessen coleslaw."

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Per serving: 55 Calories (kcal); 1g Total Fat; (18% calories from fat); 2g Protein; 10g Carbohydrate; 2mg Cholesterol; 142mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; ■ Fruit; ■ Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 3932 0 0 4920 4921 2679

\* Exported from MasterCook \*

### Creamy Fish Chowder

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
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2	cups	cubed potatoes (about 2 medium)
1	cup	1/4-inch slices carrots (about 2 medium)
1/2	cup	chopped onion (about 1 medium)
1	cup	clam juice
1	cup	water
1	tablespoon	reduced-fat margarine
1/2	teaspoon	salt
1/4	teaspoon	pepper
1	pound	haddock or other lean fish fillets -- cut into 1-inch pieces
1	(6 1/2 ounce)	can whole clams -- undrained
1	(12 ounce)	can evaporated skim milk
2	tablespoons	chopped fresh chives
1	teaspoon	paprika

Heat potatoes, carrots, onion, clam juice, water, margarine, salt and

pepper to boiling in 3-quart saucepan; reduce heat. Cover and simmer 15 to 20 minutes or until potatoes are almost tender. Stir in fish and clams. Cover and heat to boiling; reduce heat. Simmer about 5 minutes or until fish flakes easily with fork. Stir in milk, chives, and paprika; heat through.

---

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Description:

"This rich-looking chowder is light on calories but full of flavor."

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Per serving: 213 Calories (kcal); 5g Total Fat; (22% calories from fat); 22g Protein; 19g Carbohydrate; 50mg Cholesterol; 384mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; ■ Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 4600 20024 2679 0 0 3931 0 0 5322 2450 0 0 0

\* Exported from MasterCook \*

Creamy Onion Tartlets

Recipe By :

Serving Size : 10 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient	-- Preparation Method
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### Phyllo Tartlets -- (recipe follows)

- 8 cups chopped onions (about 4 pounds)
- 1 cup beef broth
- 1/4 teaspoon pepper
- 2 slices lean turkey bacon -- cooked and chopped
- 6 tablespoons grated Parmesan cheese

### PHYLLO TARTLETS

- 1/4 cup apple juice
- 2 tablespoons reduced-fat margarine
- 4 frozen phyllo sheets (13 x 9 inches) -- thawed

Prepare Phyllo Tartlets. Cook remaining ingredients except cheese in 10-inch nonstick skillet over medium heat 20 minutes; reduce heat to medium-low. Cook uncovered 50 minutes, stirring occasionally, until liquid is absorbed and onions are consistency of marmalade. Heat oven to 400°.

Fill each tartlet with 2 teaspoons onion mixture. Place on ungreased cookie sheet. Sprinkle each tartlet with 1/2 teaspoon cheese. Bake 6 to 8 minutes or until cheese is light brown. Serve hot.

### PHYLLO TARTLETS:

Heat oven to 400°. Heat apple juice and margarine over low heat until margarine is melted. Cover phyllo sheets with waxed paper, then with damp towel to prevent them from drying out as you work. Brush 1 phyllo sheet at a time with apple juice mixture. Fold sheet crosswise into thirds, overlapping the sides; cut into 10 pieces.

Place pieces in ungreased small muffin cups, 1 3/4 x 1 inch, making pleats as necessary to fit into cups. Bake 5 to 7 minutes or until brown. Remove from pan to wire rack; cool.

---

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Per serving: 111 Calories (kcal); 3g Total Fat; (25% calories from fat); 5g Protein; 16g Carbohydrate; 5mg Cholesterol; 276mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2130706543 2679 0 0 26626 0 0 0 0 4295 1290

\* Exported from MasterCook \*

### Creamy Rice-Fruit Salad

Recipe By :  
 Serving Size : ■ Preparation Time :0:00  
 Categories : Breads and Sides      Rice and Grains  
                   Salads

Amount	Measure	Ingredient -- Preparation Method
1		kiwifruit -- peeled and cut into 1/4-inch slices
1	cup	lemon or orange low-fat yogurt
1	tablespoon	honey
2	cups	cold cooked wild or brown rice
1	cup	strawberries -- cut in half
1/2	cup	seedless green grapes -- cut in half
1	teaspoon	chopped fresh mint
		OR
1/4	teaspoon	dried mint leaves
1	medium	seedless orange -- cut into 1-inch pieces (about 1 cup)

Cut kiwifruit into fourths. Mix yogurt and honey in medium bowl. Add kiwifruit and remaining ingredients; toss. Refrigerate remaining salad.

---

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Description:

"Leftover cooked rice is just right for this easy salad."

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Per serving: 113 Calories (kcal); 1g Total Fat; (6% calories from fat); 3g Protein; 24g Carbohydrate; 1mg Cholesterol; 21mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit, 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 779 4051 0 2801 1436 4881 0 0 2130706543 4212

\* Exported from MasterCook \*

Creamy Smoked Ham

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meat Pork

Amount	Measure	Ingredient -- Preparation Method
1	medium	onion -- thinly sliced
1	tablespoon	reduced-fat margarine
3	cups	cut-up fully cooked smoked extra-lean ham (about 12 ounces)
4	small	zucchini (about 1 pound) -- cut into 1/4-inch slices

1 green bell pepper -- cut into 1/4-inch slices  
1/8 teaspoon pepper  
1/2 cup reduced-fat sour cream  
1 teaspoon poppy seed  
3 cups hot cooked noodles

Cook and stir onion in margarine in 10-inch nonstick skillet until onion is tender. Stir in ham, zucchini, bell pepper and pepper. Cover and cook over medium heat, stirring occasionally, until vegetables are crisp-tender, about 8 minutes. Stir in sour cream and poppy seed; heat just until hot. Serve over noodles.

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Description:

"The addition of crisp-crunchy zucchini strips makes this creamy dish lighter and more fun. Look for at least 95 percent fat-free ham."

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Per serving: 232 Calories (kcal); 6g Total Fat; (23% calories from fat); 18g Protein; 26g Carbohydrate; 31mg Cholesterol; 916mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 4295 3255 2117 0 0 4055 1156 26043

\* Exported from MasterCook \*

Crispy Baked Catfish



Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Seafood

Amount Measure Ingredient -- Preparation Method

---

1/4 cup yellow cornmeal  
1/4 cup dry bread crumbs  
1 teaspoon chili powder  
1/4 teaspoon paprika  
1/2 teaspoon garlic salt  
1/4 teaspoon pepper  
1/4 cup reduced-fat French dressing  
1 pound catfish fillets -- cut into 4 pieces

Heat oven to 450°. Spray broiler pan rack with nonstick cooking spray. Mix cornmeal, bread crumbs, chili powder, paprika, garlic salt and pepper. Lightly brush dressing on fish fillets, coating all sides of fish. Coat fish with cornmeal mixture. Place fish on rack in broiler pan. Bake uncovered about 15 minutes or until fish flakes easily with fork.

---

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Per serving: 191 Calories (kcal); 5g Total Fat; (22% calories from fat); 20g Protein; 16g Carbohydrate; 67mg Cholesterol; 498mg Sodium  
Food Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 246 2507

\* Exported from MasterCook \*

### Crispy Chili Twists

Recipe By :

Serving Size : 16 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

2	cups	uncooked rotini pasta (6 ounces)
---	------	----------------------------------

Vegetable oil

2	tablespoons	grated Parmesan cheese
---	-------------	------------------------

1/2	teaspoon	chili powder
-----	----------	--------------

1/4	teaspoon	seasoned salt
-----	----------	---------------

1/8	teaspoon	garlic powder
-----	----------	---------------

Cook and drain pasta as directed on package. Rinse with cold water; drain very thoroughly (excess water on pasta will cause oil to spatter). Heat oil (1 inch) in skillet to 375°. Fry pasta, about 1 cup at a time, about 2 minutes or until crisp and light golden brown, stirring if necessary to separate. Drain on paper towels. Mix remaining ingredients in large bowl; toss with pasta until evenly coated.

16 servings (1/4 cup each)

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## Description:

"Here's a spicy alternative to chips using pasta as a base. They also add some crunch and zip to a soup or sandwich meal."

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Per serving: 52 Calories (kcal); trace Total Fat, (7% calories from fat); 2g Protein; 10g Carbohydrate; trace Cholesterol; 35mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat, 0 Vegetable; ■ Fruit; 0 Fat, 0 Other Carbohydrates

Nutr. Assoc. : 4363 0 0 0 0 0

\* Exported from MasterCook \*

### Crispy Pork with Sweet-and-Sour Vegetables

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Meat Pork

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	pork tenderloin
1		egg white -- lightly beaten
1	teaspoon	water
34		crisp rice crackers -- crushed (1/2 cup)
1/4	teaspoon	garlic powder
1/4	teaspoon	ground mustard (dry)
1	teaspoon	sesame or vegetable oil
1	(21 ounce) package	frozen stir-fry vegetables with sweet-and-sour sauce and pineapple*

Trim fat from pork. Cut pork crosswise into 1/4-inch slices; stack slices and cut lengthwise into 1/2-inch strips. Mix egg white and water in medium bowl. Stir in pork until well coated. Mix crushed crackers, garlic powder and mustard in plastic bag or glass bowl. Add a few pork strips at a time;

toss to coat evenly.

Spray 12-inch nonstick skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add sesame oil; rotate skillet to coat bottom. Reduce heat to medium. Place pork strips flat in skillet; cook 2 to 3 minutes or until brown on bottom. Turn pork. Cook 2 to 3 minutes more or until no longer pink in center.

Remove pork from skillet. Wipe skillet clean. Add frozen vegetables and sauce. Cover and cook 7 to 10 minutes, stirring frequently, until vegetables are crisp-tender and sauce is hot. Gently stir in pork strips just until well coated with sauce. Serve immediately.

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Per serving: 162 Calories (kcal); 3g Total Fat; (18% calories from fat); 17g Protein; 16g Carbohydrate; 37mg Cholesterol; 124mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 2 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Rice cracker crumbs are used in place of the traditional deep-fried batter coating to create a low-fat crisp-crumb coating. Using a skillet rather than a wok allows for all of the pork to come in contact with the surface of the pan so it browns evenly. It's best to brown the meat with a minimum of turning.

\*Frozen stir-fry vegetables without sauce and 1/2 cup purchased sweet-and-sour sauce can be substituted for the vegetables with sauce.

Nutr. Assoc. : 0 0 0 584 0 518 1356 1112 0

\* Exported from MasterCook \*

### Crunchy Baked Fish

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1		pound flounder, sole or orange roughy fillets
1/3	cup	finely crushed reduced-fat cheese crackers
1	teaspoon	dried parsley flakes
3	tablespoons	fat-free Western or French dressing

Heat oven to 450°. Spray cookie sheet with nonstick cooking spray. If fish fillets are large, cut into 4 serving pieces. Mix crackers and parsley. Brush both sides of fish with dressing; coat one side of fish with cracker mixture. Place fish, cracker sides up, on cookie sheet. Bake uncovered 10 to 15 minutes or until fish flakes easily with fork.

---

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Per serving: 117 Calories (kcal); 2g Total Fat; (13% calories from fat); 17g Protein; 7g Carbohydrate; 23mg Cholesterol; 210mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; ■ Fat; ■ Other Carbohydrates

Nutr. Assoc. #26453 5694 3135 4235

\* Exported from MasterCook \*

### Crunchy Garden Vegetable Deviled Eggs

Recipe By :

Serving Size : 12 Preparation Time : 0:00

Categories : Appetizers Eggs

Amount	Measure	Ingredient -- Preparation Method
6		hard-cooked eggs -- peeled
3	tablespoons	fat-free mayonnaise or salad dressing
1	tablespoon	finely chopped red bell pepper
1	tablespoon	finely chopped green onion
1	teaspoon	mustard
1/4	teaspoon	salt

Cut eggs lengthwise in half. Slip out egg yolks; mash with fork. Stir in remaining ingredients. Fill egg whites with egg yolk mixture, heaping slightly.

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Per serving: 42 Calories (kcal); 3g Total Fat; (58% calories from fat); 3g Protein; 1g Carbohydrate; 106mg Cholesterol; 128mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. #3236 25021 20164 20029 0 0

\* Exported from MasterCook \*

### Crunchy Lemon Rice

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Breads and Sides Rice and Grains

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	uncooked regular long-grain rice
1	cup	water
1	tablespoon	chicken bouillon granules
4	drops	red pepper sauce (4 to 6 drops)
1	(8 ounce) can	water chestnuts -- drained and chopped
1/3	cup	sliced green onions
1	tablespoon	finely shredded lemon peel

Heat rice, water, bouillon granules and pepper sauce to boiling in 2-quart saucepan, stirring once or twice; reduce heat. Cover and simmer 14 minutes (do not lift cover or stir); remove from heat. Stir in remaining ingredients. Cover and let stand 10 minutes. Fluff lightly with fork.

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Per serving: 80 Calories (kcal); trace Total Fat, (2% calories from fat); 2g Protein; 18g Carbohydrate; trace Cholesterol; 192mg Sodium  
 Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit, ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 3977 0 0 1471 1586 0 20084

\* Exported from MasterCook \*

### Crustless Tuna Quiche

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
2	(6 ounce) cans	tuna in water -- drained
1	cup	shredded Swiss cheese (4 ounces)
1	medium	onion -- chopped (1/2 cup)
2	tablespoons	all-purpose flour
2		eggs
2		egg whites
1	cup	skim milk
3/4	teaspoon	salt
1/8	teaspoon	red pepper sauce

Heat oven to 350°. Spray pie plate, 9 × 1 1/4 inches, with nonstick cooking spray. Toss tuna, cheese, onion and flour, spread in pie plate. Beat eggs and egg whites slightly in small bowl; beat in remaining ingredients. Pour egg mixture over tuna mixture. Bake uncovered 35 to 40



minutes or until knife inserted in center comes out clean. Let stand 10 minutes before cutting.

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Per serving: 195 Calories (kcal); 7g Total Fat; (34% calories from fat); 25g Protein; 6g Carbohydrate; 97mg Cholesterol; 566mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 26154 0 0 3218 3231 0 0 1471

\* Exported from MasterCook \*

### Cuban Black Beans and Rice

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1	(14 1/2 ounce) can	whole tomatoes -- undrained
1	cup	orange juice
1	cup	chopped onion (about 1 large)
1	medium	green bell pepper -- chopped (1 cup)
1 1/2	medium	carrots -- chopped (3/4 cup)

2 cloves garlic -- finely chopped  
2 teaspoons paprika  
1 teaspoon ground coriander  
1/8 teaspoon crushed red pepper  
1 (15 ounce) can black beans -- rinsed and drained  
4 cups hot cooked brown rice  
1 cup plain nonfat yogurt  
1 lime -- cut into 6 wedges, if desired

Heat tomatoes, orange juice, onion, bell pepper, carrots, garlic, paprika, coriander, and red pepper to boiling in 2-quart saucepan, breaking up tomatoes; reduce heat. Cover and simmer about 45 minutes, stirring occasionally, until thick; remove from heat. Stir in beans.

Place 1 cup of the bean mixture in blender or food processor. Cover and blend about 30 seconds or until smooth. Stir blended mixture into bean mixture in saucepan. Cook over medium heat about 3 minutes or until hot. Serve over rice with yogurt and lime wedges.

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Per serving: 289 Calories (kcal); 2g Total Fat; (6% calories from fat); 11g Protein; 58g Carbohydrate; 1mg Cholesterol; 358mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #2470 0 2679 0 2495 0 0 0 0 578 2801 0 0 0

\* Exported from MasterCook \*

## Cuban Glazed Chicken

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	lime juice
1	tablespoon	olive or vegetable oil
1 1/8	teaspoons	ground cumin
1/2	teaspoon	salt
1/8	teaspoon	pepper
2	cloves	garlic -- finely chopped
3	pounds	cut-up broiler-fryer chicken
1/4	cup	guava or apple jelly
1/4	cup	guava fruit drink or apple juice
1/2	teaspoon	Worcestershire sauce
1/2	teaspoon	cider vinegar
1/4	teaspoon	paprika
1		jalapeño chili -- seeded and finely chopped

Mix 2 tablespoons of the lime juice, the oil, 1 teaspoon of the cumin, the salt, pepper and garlic in resealable heavy-duty plastic bag. Add chicken; seal bag and turn to coat with marinade. Refrigerate at least 1 hour but no longer than 24 hours, turning bag occasionally.

Heat oven to 325°. Line broiler pan with aluminum foil. Spray rack of broiler pan with nonstick cooking spray. Remove chicken from marinade; discard marinade. Place chicken, skin sides up, on rack in broiler pan. Bake uncovered 30 minutes.

Heat remaining 2 tablespoons lime juice, 1/8 teaspoon cumin, and remaining ingredients to boiling in 1-quart saucepan; reduce heat. Simmer uncovered about 5 minutes, stirring frequently, until mixture thickens and is

reduced by about half; remove from heat. Brush chicken with jelly mixture. Bake uncovered about 30 minutes longer, brushing frequently with jelly mixture, until juice is no longer pink when centers of thickest pieces are cut.

Grilling Directions: Heat coals or gas grill. Cover and grill marinated chicken, skin sides up, 5 to 6 inches from medium heat 15 minutes; turn chicken. Brush with jelly mixture. Cover and grill 20 to 40 minutes longer, turning and brushing frequently with jelly mixture until juice is no longer pink when centers of thickest pieces are cut. Discard any unused jelly mixture.

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Per serving: 226 Calories (kcal); 9g Total Fat; (37% calories from fat); 23g Protein; 12g Carbohydrate; 69mg Cholesterol; 279mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 986 0 0 0 0 5829 369 25 0 0 0 26360

\* Exported from MasterCook \*

## Cucumbers, Carrots and Smoked Salmon Crudités

Recipe By :

Serving Size : 24 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
2	ounces	salmon lox -- finely chopped
1/2	cup	fat-free soft cream cheese -- softened
3/4	teaspoon	chopped fresh dill weed
		OR
1/4	teaspoon	dried dill weed
2	large	cucumbers -- cut into 1/4 inch slices (24 slices)
		OR
2	large	carrots -- cut into 1/4 inch slices (24 slices)
		Dill weed sprigs -- if desired

Mix lox, cream cheese and chopped dill weed. Place lox mixture in decorating bag fitted with large star tip, and pipe 1 heaping teaspoonful onto each carrot slice; or spoon lox mixture onto each carrot slice. Garnish each with dill weed sprig.

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Per serving: 10 Calories (kcal); trace Total Fat, (16% calories from fat); 1g Protein; 1g Carbohydrate; 1mg Cholesterol; 46mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit, 0 Fat; ■ Other Carbohydrates

NOTES : Isn't it great to know that appetizers don't always have to be fat traps? And, by using carrot or cucumber slices instead of crackers, this healthful appetizer is even lower in fat and calories!

Nutr. Assoc. : 0 25014 2130706543 0 0 2130706543 0 ■ ■

\* Exported from MasterCook \*

### Curried Chicken-Rice Salad

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Poultry Salads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	reduced-fat mayonnaise
		OR
1/2	cup	reduced-fat salad dressing
1/2	cup	plain nonfat yogurt
3/4	teaspoon	curry powder
1/2	teaspoon	ground ginger
1/4	teaspoon	salt
1/4	teaspoon	ground red pepper (cayenne)
3	cups	cold cooked rice
2	cups	cut-up cooked chicken
2	medium stalks	celery -- sliced (1 cup)
1	small	bell pepper -- chopped (1/2 cup)
1	(15 1/4 ounce) can	pineapple chunks in juice -- drained
		Salad greens
2	medium	tomatoes -- cut into wedges

Mix mayonnaise, yogurt, curry powder, ginger, salt and red pepper in large bowl. Stir in rice, chicken, celery, bell pepper and pineapple. Cover and refrigerate about 2 hours or until chilled. Just before serving, line 6 salad plates with salad greens. Divide salad evenly among plates. Garnish with tomato wedges.

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Per serving: 322 Calories (kcal); 8g Total Fat; (21% calories from fat); 19g Protein; 44g Carbohydrate; 47mg Cholesterol; 250mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 2130706543 0 0 0 0 2514 2840 4732 0 0 ■ ■ 5296

\* Exported from MasterCook \*

### Curried Grilled Chicken

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Grilling Poultry

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	orange juice
1/4	cup	peanut butter
2	teaspoons	curry powder
4		skinless boneless chicken breast halves (about 1 pound)
1	medium	red bell pepper — cut in half

1/2 cup shredded coconut  
1/2 cup currants  
Hot cooked rice -- if desired

Beat orange juice, peanut butter and curry powder in medium nonmetal bowl with wire whisk. Add chicken, turning to coat with marinade. Cover and refrigerate at least 1 hour but no longer than 24 hours.

Heat coals or gas grill. Remove chicken from marinade; discard marinade. Cover and grill chicken and bell pepper 4 to 6 inches from medium heat 15 to 20 minutes, turning once, until chicken is no longer pink in center.

To serve, cut chicken breasts diagonally into 1/2-inch slices and bell pepper into 1/2-inch strips. Sprinkle chicken and bell pepper with coconut and currants. Serve with rice.

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Per serving: 337 Calories (kcal); 13g Total Fat; (34% calories from fat); 33g Protein; 24g Carbohydrate; 68mg Cholesterol; 157mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 2 Fat; 0 Other Carbohydrates



Nutr. Assoc. : 0 0 0 2313 0 4923 3024 2130706543

\* Exported from MasterCook \*

### Curried Meatballs with Chutney Sauce

Recipe By :

Serving Size : 48 Preparation Time : 0:00

Categories : Appetizers Meat

Amount Measure Ingredient -- Preparation Method

-----  
                   Chutney Sauce -- (recipe follows)  
 1          pound ground turkey breast  
   1/2      cup crushed cracker crumbs  
   1/3      cup evaporated skim milk  
 2          tablespoons finely chopped green onions  
 1 1/2      teaspoons curry powder (1 1/2 to 2 teaspoons)  
   1/4      teaspoon salt

                  CHUTNEY SAUCE  
   1/2      cup plain nonfat yogurt  
 1          tablespoon finely chopped chutney  
   1/4      teaspoon curry powder

Prepare Chutney Sauce. Heat oven to 400°. Mix remaining ingredients. Shape into forty-eight 1-inch balls. Place in ungreased rectangular pan, 13 x 9 x 2 inches. Bake uncovered 10 to 15 minutes or until no longer pink in center. Serve hot with sauce.

#### CHUTNEY SAUCE:

Mix all ingredients. Cover and refrigerate at least 1 hour.

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Per serving: 21 Calories (kcal); 1g Total Fat; (34% calories from fat); 2g Protein; 1g Carbohydrate; 6mg Cholesterol; 30mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Chutney is a spicy condiment that contains fruit, vinegar, sugar and spices. You can substitute sweet-and-sour sauce for the chutney in this recipe.

Microwave Directions: Prepare Chutney Sauce and meatballs as directed. Place 24 meatballs in microwavable pie plate, 9 × 1 1/4 inches. Cover with waxed paper and microwave on High 5 to 7 minutes, rearranging meatballs after 3 minutes, until no longer pink in center. Let stand covered 3 minutes; drain. Repeat with remaining meatballs.

Nutr. Assoc. : 2130706543 5686 1381 0 0 492 0 0 0 0 382 0

\* Exported from MasterCook \*

### Curried Turkey Spaghetti

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1/2	pound	ground turkey
		OR
1/2	pound	lean ground beef

- 1/2 cup chopped onion (about 1 medium)
- 1 clove garlic -- finely chopped
- 3/4 cup chopped unpeeled tart eating apple (about 1 medium)
- 1/4 cup chopped fresh parsley
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground red pepper (cayenne)
- 1/4 cup unsweetened apple juice
- 1 (16 ounce) can whole tomatoes -- undrained
- 6 ounces uncooked spaghetti
- 2 tablespoons chopped dry-roasted peanuts

Cook ground turkey, onion and garlic in 10-inch nonstick skillet over medium heat, stirring frequently, until turkey is no longer pink; drain. Stir in remaining ingredients except spaghetti and peanuts; break up tomatoes. Heat to boiling; reduce heat. Simmer uncovered about 5 minutes or until apple is tender, stirring occasionally. Cook spaghetti as directed on package; drain. Serve sauce over spaghetti. Sprinkle with peanuts.

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Per serving: 347 Calories (kcal); 10g Total Fat; (26% calories from fat); 19g Protein; 46g Carbohydrate; 35mg Cholesterol; 205mg Sodium  
Food Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Curry is a catchall term used to refer to many types of sauces,

all of which have curry powder as a dominant ingredient. To vary

this curry, try spinach or whole wheat pasta.

Nutr. Assoc. : 2130706543 0 9018 2679 0 26658 0 0 ■ 2514 25 2470 1405  
26041

\* Exported from MasterCook \*

Date Balls

Recipe By :

Serving Size : 72 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	sugar
1/2	cup	margarine or butter
1	pound	pitted dates -- cut up
1	tablespoon	skim milk
1	teaspoon	vanilla
1/2	teaspoon	salt
1/4	cup	fat-free cholesterol-free egg product
		OR
1		egg -- well beaten
1/2	cup	chopped nuts
4	cups	Wheaties® -- crushed
		Finely chopped nuts or shredded coconut -- if desired

Mix sugar, margarine and dates in 2-quart saucepan. Cook over low heat, stirring constantly, until margarine is melted; remove from heat. Mix in milk, vanilla, salt and egg. Cook over very low heat about 4 minutes, stirring constantly, until slightly thickened; remove from heat. Stir in 1/2 cup nuts. Cool 5 minutes. Stir in cereal. Shape mixture into 1-inch balls. Roll balls in finely chopped nuts.

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Yield:

"72 Balls"

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Per serving: 50 Calories (kcal); 2g Total Fat; (33% calories from fat); 1g Protein; 8g Carbohydrate; 3mg Cholesterol; 43mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 4098 20027 0 0 0 2130706543 0 0 0 885 2130706543

\* Exported from MasterCook \*

### Deviled Steaks

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Grilling  
Meat

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	Dijon mustard
2	teaspoons	chopped fresh rosemary
		OR
1/2	teaspoon	dried rosemary leaves -- crushed
1	teaspoon	coarsely ground pepper
2	cloves	garlic -- finely chopped
1	pound	beef boneless top loin steaks (4 steaks) -- about 1 inch thick

Mix mustard, rosemary, pepper and garlic. Cover and let stand 30 minutes.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Spread mustard mixture on both sides of beef. Grill beef uncovered 4 to 5 inches from medium heat 1 minute on each side to seal in juices. Cover and grill 8 to 9 minutes longer for medium doneness (160°F), turning once.

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Per serving: 266 Calories (kcal); 19g Total Fat; (65% calories from fat); 20g Protein; 2g Carbohydrate; 69mg Cholesterol; 243mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 0 2130706543 0 0 26143

\* Exported from MasterCook \*

### Dilled Smoked Salmon Spread

Recipe By :  
Serving Size : 48 Preparation Time : 0:00  
Categories : Appetizers Dips, Spreads & Salsas

Amount	Measure	Ingredient -- Preparation Method
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1	(8 ounce) package	cream cheese -- softened
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- 1 pound smoked salmon — skinned and boned
- 1/4 cup chopped green onions (3 medium)
- 1 teaspoon chopped dill weed
- OR
- 1/4 teaspoon dried dill weed
- 3/4 (8 ounce) container whipped cream cheese — softened (about 3/4 cup)
- 1/4 cup chopped nuts -- toasted, if desired
- Crackers or sliced vegetables -- if desired

Mix 8-ounce package cream cheese, the salmon, green onions and dill thoroughly. Shape mixture into ball or ring shape. Spread with whipped cream cheese. Sprinkle with nuts. Cover and refrigerate at least 2 hours until chilled.

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Yield:  
"3 Cups"

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Per serving: 40 Calories (kcal); 3g Total Fat; (73% calories from fat); 2g Protein; trace Carbohydrate; 12mg Cholesterol; 103mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Do-Ahead Directions: Store tightly covered in refrigerator up to 2 weeks or in freezer up to 4 weeks. Thaw frozen spread covered in refrigerator about 8 hours. Serve with crackers.

Nutr. Assoc. : 0 0 2665 3362 0 2130706543 0 2130706543 2130706543

\* Exported from MasterCook \*

## Double Fruit Shake

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Appetizers Beverages

Amount	Measure	Ingredient -- Preparation Method
1	(16 ounce) container	extra-creamy plain or vanilla nonfat yogurt (2 cups)
1	(10 ounce) package	frozen sweetened strawberries
	OR	
1	(10 ounce) package	frozen sweetened raspberries -- partially thawed
1	medium	banana -- sliced (1 cup)

Place all ingredients in blender. Cover and blend on medium speed about 30 seconds or until smooth.

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Per serving: 146 Calories (kcal); trace Total Fat, (2% calories from fat); 7g Protein; 31g Carbohydrate; 2mg Cholesterol; 88mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 0 Fat; 0 Other Carbohydrates



Nutr. Assoc. 20159 1437 0 2130706543 0

\* Exported from MasterCook \*

## Double Orange Delight

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	plain nonfat yogurt
1	tablespoon	frozen (partially thawed) orange juice concentrate
2	large	oranges -- peeled and sectioned
2	tablespoons	semisweet chocolate chips
1	teaspoon	shortening

Mix yogurt and orange juice concentrate. Spoon 2 tablespoons yogurt mixture onto each of 4 dessert plates. Arrange orange sections on yogurt mixture.

Heat chocolate chips and shortening over low heat, stirring constantly, until chocolate is melted. Carefully drizzle chocolate in thin lines over oranges.

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Description:

"Arranging the fruit over the yogurt sauce gives this dessert a very

elegant look. The oranges can be peeled easily by hand, while peeling with a knife will give a more finished look."

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Per serving: 88 Calories (kcal); 3g Total Fat; (26% calories from fat); 3g Protein; 15g Carbohydrate; 1mg Cholesterol; 22mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 1007 1014 4886 0

\* Exported from MasterCook \*

### Double Spinach Fettuccine

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Meatless Pasta

Amount	Measure	Ingredient -- Preparation Method
8	ounces	uncooked spinach fettuccine
1	teaspoon	vegetable oil
1	clove	garlic -- crushed
3	cups	shredded spinach (about 4 ounces)
1 1/4	cups	thinly sliced zucchini (about 2 small)
1/4	cup	unsalted sunflower seeds -- toasted
2	tablespoons	grated lemon peel
1/2	teaspoon	salt
1	(15 ounce) can	garbanzo beans (15 to 16 ounce can) -- rinsed and drained

Cook fettuccine as directed on package; drain. Heat oil in 10-inch skillet over medium-high heat. Cook garlic in oil, stirring occasionally, until golden. Stir in remaining ingredients. Cook about 2 minutes, stirring occasionally, until zucchini is tender. Stir in fettuccine.

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Per serving: 365 Calories (kcal); 8g Total Fat; (19% calories from fat); 15g Protein; 60g Carbohydrate; 41mg Cholesterol; 619mg Sodium  
Food Exchanges: 4 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : To add protein when serving this for a meal, offer low-fat frozen yogurt or ice milk and assorted toppings for dessert.

Nutr. Assoc. : 3408 0 0 2687 26099 1452 20084 0 3502

\* Exported from MasterCook \*

### Easy Beef Casserole

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	cut-up cooked lean beef
1 1/2	cups	uncooked elbow macaroni (about 6 ounces)
1	cup	sliced celery (about 2 medium stalks)
1/2	cup	skim milk
1/4	cup	chopped onion (about 1 small)
1 1/2	teaspoons	dried basil leaves
1/2	teaspoon	garlic powder

- 1/8    teaspoon pepper
- 1     (8 ounce) jar mushroom stems and pieces — undrained
- 1     (8 ounce) can tomato sauce

Heat oven to 350°. Mix all ingredients in ungreased 2-quart casserole. Cover and bake 30 minutes; stir. Cover and bake until macaroni is tender, about 20 minutes longer.

Microwave Directions: Mix all ingredients in 3-quart microwavable casserole; pour 1/2 cup water over top. Cover tightly and microwave on High, stirring every 6 minutes, until macaroni is tender, 15 to 18 minutes. Let stand covered 5 minutes.

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Per serving: 242 Calories (kcal); 8g Total Fat; (31% calories from fat); 15g Protein; 27g Carbohydrate; 34mg Cholesterol; 451mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. #2796 4363 20195 0 2679 3091 0 0 26798 0

\* Exported from MasterCook \*

Easy Burgundy Stew

Recipe By :

Serving Size : 8    Preparation Time :0:00

Categories : Beef                      Meat

Soups/Stews

Amount Measure    Ingredient -- Preparation Method

2        pounds beef boneless bottom or top round, tip or  
         chuck steak

4        medium carrots -- sliced (2 cups)

2        medium stalk celery -- sliced

2        medium onions -- sliced

1        (8 ounce) can sliced water chestnuts -- drained

1        (8 ounce) can mushroom stems and pieces -- drained

3        tablespoons all-purpose flour

1        tablespoon chopped fresh thyme

OR

1        teaspoon dried thyme leaves

1        teaspoon ground mustard (dry)

1/2      teaspoon salt

1/4      teaspoon pepper

1        cup water

1        cup dry red wine

OR

1        cup beef broth

1        (16 ounce) can whole tomatoes -- undrained

Heat oven to 325°. Trim fat from beef. Cut beef into 1-inch cubes. Mix beef, carrots, celery, onions, water chestnuts and mushrooms in Dutch oven. Mix flour, thyme, mustard, salt and pepper; stir into beef mixture. Stir in remaining ingredients, breaking up tomatoes. Cover and bake about 4 hours or until beef is tender and stew is thickened.

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Per serving: 194 Calories (kcal); 6g Total Fat; (26% calories from fat); 19g Protein; 17g Carbohydrate; 41mg Cholesterol; 566mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26997 2495 0 4288 1586 2461 0 0 0 2130706543 518 0 0 0  
2130706543 0 0 2470

\* Exported from MasterCook \*

### Easy Cheesy Crescents

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1	cup	shredded reduced-fat Cheddar cheese (4 ounces)
1/2	cup	nonfat Ricotta cheese
2		egg whites
		OR
1/4	cup	fat-free cholesterol-free egg product
1/4	cup	fat-free buttermilk
1/4	cup	reduced-fat sour cream
2	cups	all-purpose flour
1	tablespoon	baking powder
1/4	teaspoon	salt

Heat oven to 425°. Spray cookie sheet with nonstick cooking spray. Mix cheeses, egg whites, buttermilk and sour cream in large bowl. Stir in

flour, baking powder and salt until dough leaves side of bowl.

Divide dough in half. Turn each half onto lightly floured surface; gently roll in flour to coat and shape into ball. Pat or roll each ball into 9-inch circle. Cut each circle into 6 wedges. Roll up wedges, starting at wide end. Place rolls with points underneath on cookie sheet; curve slightly.

Bake 15 to 20 minutes or until golden brown. Remove from cookie sheet. Cool on wire rack.

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 Yield:  
 "12 Crescents"

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Per serving: 115 Calories (kcal); 2g Total Fat; (14% calories from fat); 7g Protein; 17g Carbohydrate; 7mg Cholesterol; 261mg Sodium  
 Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. #26495 0 3231 0 2130706543 26420 3940 0 ■ 0

\* Exported from MasterCook \*

Easy Fish and Vegetable Packets

Recipe By :

Serving Size : 4    Preparation Time :0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
4		frozen lean fish fillets (about 1 pound)
16	ounces	frozen broccoli, cauliflower and carrots — (1 package)
1	tablespoon	snipped fresh dill weed
		OR
1	teaspoon	dried dill weed
1/2	teaspoon	salt
1/4	teaspoon	pepper
4	tablespoons	dry white wine

Heat oven to 450°. Place each frozen fish fillet on 12-inch square of aluminum foil. Top each fish fillet with one-fourth of the vegetables; sprinkle with dill weed, salt and pepper. Pour 1 tablespoon wine over each. Fold up sides of foil to make tent; fold top edges over to seal. Fold in sides, making a packet; fold to seal. Place packets on cookie sheet. Bake about 40 minutes or until vegetables are crisp-tender and fish flakes easily with fork.

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Per serving: 146 Calories (kcal); 1g Total Fat; (5% calories from fat); 23g Protein; 7g Carbohydrate; 43mg Cholesterol; 383mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates



Nutr. Assoc. : 401 1110 3362 0 2130706543 0 0 0

\* Exported from MasterCook \*

## Easy Herb Rolls

Recipe By :

Serving Size : 12 Preparation Time : 0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
2 1/4	cups	all-purpose flour
2	tablespoons	sugar
1	teaspoon	salt
1	teaspoon	caraway seed
1	tablespoon	chopped fresh sage
	OR	
1/2	teaspoon	dried sage leaves -- crumbled
1/4	teaspoon	ground nutmeg
1	package	active dry yeast
1	cup	very warm water (120° to 130°)
2	tablespoons	shortening
1		egg

Mix 1 1/4 cups of the flour, the sugar, salt, caraway seed, sage, nutmeg and yeast in large bowl. Add water, shortening and egg; beat until smooth. Stir in remaining flour until smooth. Scrape batter from side of bowl. Cover and let rise in warm place until double, about 30 minutes.

Spray 12 medium muffin cups, 2 1/2 x 1 1/4 inches, with nonstick cooking spray. Stir down batter, beating about 25 strokes. Spoon into muffin cups. Let rise until batter rounds over tops of cups, 20 to 30 minutes.

Heat oven to 400°. Bake until golden brown, 15 to 20 minutes.

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approved Betty Crocker® Recipe.

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Yield:

"12 Rolls"

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Per serving: 120 Calories (kcal); 3g Total Fat, (21% calories from fat); 3g Protein; 20g Carbohydrate; 16mg Cholesterol; 184mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 3403 0 2130706543 0 0 5472 0 0

\* Exported from MasterCook \*

### Easy Multigrain Bread

Recipe By :

Serving Size : 20 Preparation Time :0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1	package	active dry yeast
1 1/4	cups	warm water (105° to 115°)
2	cups	all-purpose flour
2	tablespoons	honey
2	tablespoons	margarine -- softened
1	teaspoon	salt
1	cup	whole wheat flour
1/2	cup	uncooked mixed grain hot cereal (dry)

Dissolve yeast in warm water in large bowl. Add all-purpose flour, honey, margarine and salt. Beat on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally (or beat 300 vigorous strokes by hand). Stir in whole wheat flour and cereal until well blended. Scrape batter from side of bowl.

Cover and let rise in warm place 40 to 45 minutes or until almost double. Spray loaf pan, 9 x 5 x 3 or 1 1/2 x 4 1/2 x 2 1/2 inches, with nonstick cooking spray. Stir down batter by beating about 25 strokes. Spread batter in pan. Smooth and pat batter, using floured hands. Cover and let rise in warm place about 30 minutes or until double. (Batter is ready if indentation remains when touched with floured finger.)

Heat oven to 375°. Bake 35 to 40 minutes or until loaf sounds hollow when tapped. Remove loaf from pan; cool on wire rack.

1 loaf (20 slices)

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Yield:  
"1 Loaf"

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Per serving: 91 Calories (kcal); 1g Total Fat; (13% calories from fat); 3g Protein; 17g Carbohydrate; 0mg Cholesterol; 121mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit, 1/2 Fat, ■ Other Carbohydrates

NOTES : Using multigrain hot cereal is a shortcut to keeping several different flours on hand for breadmaking.

Nutr. Assoc. : 0 5472 0 0 0 0 0 5759

\* Exported from MasterCook \*

### Easy Sesame Beef

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
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1		pound beef boneless sirloin steak
2	tablespoons	sugar
2	tablespoons	soy sauce
1/4	teaspoon	pepper
1/4	cup	finely chopped green onions (3 medium)
2	cloves	garlic -- finely chopped
1	tablespoon	sesame seed
2	tablespoons	vegetable oil
2	cups	hot cooked vermicelli

Cut beef diagonally across grain into 1/8-inch slices. (Beef is easier to cut if partially frozen, about 1 1/2 hours.) Mix sugar, soy sauce, pepper, green onions and garlic in glass or plastic bowl. Stir in beef until well coated. Cover and refrigerate 30 minutes. Drain beef mixture.

Heat sesame seed in 10-inch skillet over medium heat, stirring frequently, until golden brown. Remove sesame seed from skillet. Heat oil in same skillet over medium-high heat. Cook beef mixture in oil, stirring occasionally, until brown. Serve over vermicelli. Sprinkle with sesame seed.

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is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

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Per serving: 321 Calories (kcal); 14g Total Fat; (39% calories from fat); 20g Protein; 28g Carbohydrate; 42mg Cholesterol; 559mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 27220 0 0 0 2665 0 1357 0 2845

\* Exported from MasterCook \*

# Fiesta Steak

Recipe By :  
 Serving Size : 8 Preparation Time : 0:00  
 Categories : Beef Grilling  
 Meat

Amount	Measure	Ingredient -- Preparation Method
2	pounds	beef boneless top round steak -- about 1 inch thick
		Tequila Marinade -- (recipe follows)
1	cup	prepared tomato salsa
1/2	cup	sour cream
1	(6 ounce) container	frozen avocado dip -- thawed

## TEQUILA MARINADE

1/4	cup	lime juice
2	tablespoons	vegetable oil
2	tablespoons	tequila
		OR
2	tablespoons	lime juice
1/2	teaspoon	salt

- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground red pepper (cayenne)
- 2 cloves garlic – finely chopped

Pierce beef with fork several times on both sides. Prepare Tequila Marinade in shallow nonmetal dish or heavy-duty resealable plastic bag. Add beef, turning to coat with marinade. Cover dish or seal bag and refrigerate, turning beef occasionally, at least 6 hours but no longer than 24 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove beef from marinade; reserve marinade. Cover and grill beef 4 to 5 inches from medium heat 20 to 25 minutes for medium doneness (160°F), brushing occasionally with marinade and turning once. Discard any remaining marinade.

Cut beef across grain into thin slices. Serve with tomato salsa, sour cream and avocado dip.

#### TEQUILA MARINADE:

Mix all ingredients. Makes about 1/2 cup.

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Please note that although this recipe contains ingredients that are not fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed.

#### Description:

"Have a party! Serve with rice and beans and a salad of sliced

oranges, avocado and red onion rings."

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Per serving: 320 Calories (kcal); 21g Total Fat; (60% calories from fat); 25g Protein; 6g Carbohydrate; 60mg Cholesterol; 437mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; ■ Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #5311 2130706543 1325 0 1470 0 0 0 0 0 2130706543 ■ 0 2514  
0

\* Exported from MasterCook \*

### Fiesta Taco Casserole

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1		pound lean ground beef
1	(15 ounce) can	spicy chili beans (15 to 16 ounces) -- undrained
1	cup	salsa
2	cups	coarsely broken tortilla chips
1/2	cup	reduced-fat sour cream
4	medium	green onions -- sliced (1/2 cup)
1	medium	tomato -- chopped (3/4 cup)
1/2	cup	shredded Cheddar or Monterey Jack cheese (4 ounces)
		Tortilla chips -- if desired
		Shredded lettuce -- if desired
		Salsa -- if desired

Heat oven to 350°. Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in beans and salsa. Heat to boiling, stirring occasionally.

Place broken tortilla chips in ungreased 2-quart casserole. Top with beef mixture. Spread with sour cream. Sprinkle with onions, tomato and cheese. Bake uncovered 20 to 30 minutes or until hot and bubbly. Arrange tortilla chips around edge of casserole. Serve with lettuce and salsa.

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Per serving: 381 Calories (kcal); 15g Total Fat; (34% calories from fat); 25g Protein; 39g Carbohydrate; 61mg Cholesterol; 770mg Sodium  
Food Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 9018 5930 0 1620 4055 3585 0 4922 2130706543 2130706543  
2130706543

\* Exported from MasterCook \*

### Fish and Fennel Rice

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
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1	pound	sole or other lean fish fillets
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1 cup chopped fennel (about 1/2 bulb)  
1/4 cup chopped onion (about 1 small)  
2 tablespoons water  
2 cups chicken broth  
1 cup uncooked regular long-grain rice  
1 cup shredded spinach (about 1 1/2 ounces)  
Paprika  
1 tablespoon chopped fresh tarragon  
OR  
1 teaspoon dried tarragon  
Lemon wedges

Cut fish fillets into 4 serving pieces. Cook fennel and onion in water in 10-inch nonstick skillet over medium heat about 4 minutes, stirring occasionally, until crisp-tender. Stir in broth, rice and spinach. Heat to boiling; reduce heat. Cover and simmer 10 minutes.

Place fish on rice mixture. Cover and simmer ■ to 10 minutes longer or until fish flakes easily with fork and liquid is absorbed. Sprinkle fish with paprika and tarragon. Serve with lemon wedges.

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Description:

"The anise flavor of fennel is a perfect complement to tarragon and spinach."

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Per serving: 304 Calories (kcal); 2g Total Fat; (7% calories from fat); 28g Protein; 40g Carbohydrate; 54mg Cholesterol; 494mg Sodium

Food Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. 5030 26098 2679 0 0 20107 1423 0 0 0 2130706543 0

\* Exported from MasterCook \*

### Fluffy Corn Bread

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
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1		egg -- separated
1		egg white
1/4	teaspoon	cream of tartar
2/3	cup	all-purpose flour
1/3	cup	yellow cornmeal
2/3	cup	skim milk
1	tablespoon	vegetable oil
1 1/2	teaspoons	baking powder
1 1/2	teaspoons	chopped fresh cilantro
1/4	teaspoon	salt
1/4	teaspoon	ground cumin
		Whole cilantro leaves -- if desired
		Additional cornmeal to sprinkle on top

Heat oven to 425°. Spray round pan, 8 × 1 1/2 inches, with nonstick cooking spray. Beat the 2 egg whites and the cream of tartar in medium bowl with electric mixer on high speed until stiff but not dry.

Mix egg yolk, flour, cornmeal, milk, oil, baking powder, cilantro, salt and cumin in medium bowl; beat vigorously 30 seconds. Fold cornmeal mixture into egg whites. Pour into pan.

Place cilantro leaves on batter. Sprinkle with additional cornmeal. Bake 15 to 20 minutes or until golden brown. Cut into wedges. Serve warm.

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Per serving: 92 Calories (kcal); 2g Total Fat; (24% calories from fat); 3g Protein; 14g Carbohydrate; 24mg Cholesterol; 183mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit, 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### French-Style Beef Roast

Recipe By :  
Serving Size : 8 Preparation Time : 0:00  
Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
3	pounds	beef boneless chuck or rolled rump roast
1	teaspoon	salt
1	tablespoon	chopped fresh thyme leaves
	OR	
1	teaspoon	dried thyme leaves
1		bay leaf
1	large clove	garlic -- cut into fourths

6 whole cloves  
 5 peppercorns  
 4 cups water  
 4 medium carrots -- cut crosswise in half  
 2 medium onions -- cut into fourths  
 2 medium turnips -- cut into fourths  
 2 medium stalk celery -- cut into 1-inch pieces

Place beef roast, salt, thyme, bay leaf, garlic, cloves and peppercorns in 4-quart Dutch oven; add water. Heat to boiling; reduce heat. Cover and simmer 2 1/2 hours. Add remaining ingredients. Cover and simmer about 30 minutes or until beef and vegetables are tender. Remove beef; cut into 1/4-inch slices. Serve vegetables with beef. Strain broth; serve with beef and vegetables.

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Per serving: 267 Calories (kcal); 7g Total Fat; (24% calories from fat); 39g Protein; 12g Carbohydrate; 99mg Cholesterol; 422mg Sodium  
 Food Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. #5825 0 3413 0 2130706543 0 0 5563 4437 0 0 ■ 0 ■

\* Exported from MasterCook \*

Fresh Herb Vegetable Grill

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Grilling Vegetables

Amount	Measure	Ingredient -- Preparation Method
1		large bell pepper -- cut lengthwise into fourths
2		medium zucchini -- cut lengthwise in half
8		small new red potatoes -- cut into fourths
1/3	cup plus 2 tablespoons	reduced-fat Italian dressing
3	tablespoons	chopped mixed fresh herbs (such as basil, cilantro, dill weed, rosemary, thyme)
4	ears	unhusked corn
8		fresh herb leaves -- if desired (8 to 12 leaves)

Place bell pepper, zucchini, potatoes, 1/3 cup of the dressing and the chopped herbs in large resealable heavy-duty plastic bag. Shake sealed bag to evenly distribute dressing. Let stand at least 30 minutes but no longer than 1 hour.

Heat coals or gas grill. Carefully pull back husks from corn but do not detach. Remove silk. Brush corn lightly with remaining 2 tablespoons dressing. Place 2 or 3 herb leaves on corn. Pull husk back up around corn and tie security at tip with fine wire or heavy kitchen string. Remove vegetables from marinade; reserve marinade.

Cover and grill corn and potatoes about 4 inches from medium heat 10 minutes. Add zucchini and bell pepper to grill. Cover and grill 10 to 20 minutes, turning frequently and brushing with marinade, until vegetables are tender. (Remove vegetables from grill as they become done; keep warm.)

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Per serving: 328 Calories (kcal); 5g Total Fat; (11% calories from fat); 10g Protein; 68g Carbohydrate; 0mg Cholesterol; 189mg Sodium  
Food Exchanges: 4 Grain(Starch); 0 Lean Meat; 1 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 4600 1692 3373 3209 2153

\* Exported from MasterCook \*

# Fresh Jamaican Jerk Tuna Salad

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
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1/2	pound	tuna steak -- 1 inch thick
2	tablespoons	lemon juice
3 1/2	teaspoons	chopped fresh thyme
		OR
1/2	teaspoon	dried thyme leaves
1	teaspoon	sugar
3/4	teaspoon	pepper
1/2	teaspoon	ground allspice
1/2	teaspoon	ground red pepper (cayenne)
1/4	teaspoon	salt
		Dash ground cloves
1	clove	garlic -- crushed
2	cups	uncooked rotini pasta (about 4 ounces)
2	tablespoons	olive or vegetable oil
2	tablespoons	farragon vinegar

- 1/2 teaspoon celery salt
- 1 medium cucumber -- coarsely chopped (about 1 cup)
- 2 tablespoons sliced green onions
- 4 medium tomatoes -- cut into 1/2-inch slices

Set oven control to broil. Place fish steaks on rack in broiler pan. Mix lemon juice, 1 1/2 teaspoons of the thyme (1/4 teaspoon if dried), the sugar, 1/2 teaspoon of the pepper, the allspice, red pepper, salt, cloves and garlic. Brush fish with half of the lemon juice mixture. Broil with top about 4 inches from heat 7 minutes. Carefully turn fish; brush with remaining lemon juice mixture. Broil about 7 minutes longer or until fish flakes easily with fork; cool. Flake fish.

Cook and drain pasta as directed on package. Rinse with cold water; drain. Mix oil, vinegar, celery salt, remaining 2 teaspoons thyme and remaining 1/4 teaspoon pepper in large bowl. Add fish, pasta, cucumber and green onions; toss. Arrange tomato slices around edge of serving platter. Spoon pasta mixture onto center of platter.

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Per serving: 322 Calories (kcal); 9g Total Fat; (23% calories from fat); 20g Protein; 43g Carbohydrate; 27mg Cholesterol; 369mg Sodium  
 Food Exchanges: 2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26861 0 0 0 2130706543 0 0 0 2514 0 3615 0 4785 986 0 0 0  
 20030 5296

\* Exported from MasterCook \*

## Fresh Mushroom Fettuccine

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Meatless Pasta

Amount	Measure	Ingredient -- Preparation Method
8	ounces	uncooked fettuccine
3	cups	sliced mushrooms (about 8 ounces)
1/4	cup	chopped fresh parsley
1/4	cup	red wine vinegar
1/4	cup	olive or vegetable oil
3	tablespoons	grated Parmesan cheese
2	teaspoons	chopped fresh rosemary
1/2	teaspoon	pepper
1/4	teaspoon	salt
1	clove	garlic -- crushed

Cook and drain fettuccine ■ directed on package. Rinse with cold water; drain. Toss fettuccine and remaining ingredients.

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Description:

"This fettuccine is wonderful with any combination of fresh mushrooms-combine your favorites for a personalized dish."



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Per serving: 183 Calories (kcal); 8g Total Fat; (38% calories from fat); 5g Protein; 23g Carbohydrate; 1mg Cholesterol; 106mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #3274 4977 0 0 986 0 0 0 0

\* Exported from MasterCook \*

### Frosty Pink Lemonade Pops

Recipe By :

Serving Size : 7 Preparation Time : 0:00

Categories : Appetizers Desserts

Amount Measure Ingredient -- Preparation Method

1	cup	cranberry juice cocktail	
1/2	cup	water	
1	(6 ounce)	can frozen lemonade concentrate -- thawed	
7		paper cups (3-ounce size)	
7		wooden ice-cream sticks	

Mix cranberry juice cocktail, water and lemonade concentrate. Pour into paper cups. Freeze about 1 hour or until mixture is thick and slushy. Place wooden stick in center of each pop. Freeze about 7 hours or until pops are solid. Peel paper cups from frozen pops before eating.

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cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

Description:

"A real crowd pleaser for kids! You can also use apple juice instead of the lemonade."

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Yield:

"7 Pops"

-----

Per serving: 65 Calories (kcal); trace Total Fat, (1% calories from fat); trace Protein; 17g Carbohydrate; 0mg Cholesterol; 2mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable, 1/2 Fruit; 0 Fat, 1 Other Carbohydrates

Nutr. Assoc. : 0 0 3912 2130706543 2130706543

\* Exported from MasterCook \*

# Garbanzo Bean Sandwiches

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1	(15 ounce) can	garbanzo beans (15 to 16 ounce can) -- rinsed and drained
1/2	cup	water
2	tablespoons	chopped fresh parsley
2	tablespoons	chopped walnuts
1	tablespoon	finely chopped onion
1	clove	garlic -- finely chopped
4		whole wheat pita breads (6 inches in diameter)
		Lettuce leaves
1	medium	tomato -- seeded and chopped

- 1/2 medium cucumber -- sliced and quartered
- 1/2 cup reduced-fat cucumber-ranch dressing

Place beans, water, parsley, walnuts, onion and garlic in food processor or blender. Cover and process until smooth. Cut each pita bread in half to form 2 pockets; line with lettuce leaves. Spoon 2 tablespoons bean spread into each pita half. Add tomato, cucumber and dressing.

4 servings (2 sandwiches each)

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

You may notice that the nutritional information calculated by MasterCook is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

#### Description:

"Walnuts and garbanzo beans are ■ delicious duo in these hearty pita sandwiches."

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Per serving: 394 Calories (kcal); 11g Total Fat; (24% calories from fat); 13g Protein; 65g Carbohydrate; 0mg Cholesterol; 924mg Sodium  
Food Exchanges: 4 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; ■ Other Carbohydrates

Nutr. Assoc. #3502 0 0 0 0 0 4514 0 0 0 26371

\* Exported from MasterCook \*

Garbanzo-Rice Chili

Recipe By :

Serving Size : 8    Preparation Time :0:00

Categories : Beef                      Meat

Amount Measure    Ingredient -- Preparation Method

---

1 1/2    pounds beef round steak  
 2        teaspoons vegetable oil  
       1/3        cup chopped fresh parsley  
 1 1/2    cups water  
 1        tablespoon chopped fresh oregano  
          OR  
 1        teaspoon dried oregano leaves  
 2        teaspoons paprika  
 1        teaspoon ground cumin  
       1/2        teaspoon salt  
       1/2        teaspoon crushed red pepper  
       1/2        teaspoon ground coriander  
 1 1/2    medium bell peppers -- chopped (1 1/2 cups)  
 1        large onion -- chopped (1 cup)  
 1        clove garlic -- finely chopped  
 1        bay leaf  
 1        (10 1/2 ounce) can condensed beef broth  
 3        cups cooked rice  
 1        (15 ounce) can garbanzo beans (15 to 16 ounces)  
          Diced bell peppers, green onion, zucchini  
          and tomato -- if desired

Trim fat from beef. Cut beef into 1/2-inch cubes. Heat oil in nonstick Dutch oven over medium heat. Cook beef in oil, stirring occasionally, until light brown; drain. Stir in remaining ingredients except rice and beans. Heat to boiling; reduce heat. Cover and simmer 1 hour, stirring occasionally. Uncover and simmer about 30 minutes longer, stirring occasionally, until mixture is thickened and beef is tender. Remove bay leaf.

Mix rice and beans. Heat over low heat, stirring occasionally, just until hot. Divide rice mixture among 8 serving bowls. Spoon beef mixture over rice. Top with diced vegetables.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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**Description:**

"In this recipe, beans complement meat and pack this chili with fiber and protein."

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Per serving: 295 Calories (kcal); 5g Total Fat; (15% calories from fat); 25g Protein; 35g Carbohydrate; 49mg Cholesterol; 540mg Sodium  
Food Exchanges: 2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 5825 0 0 0 0 0 2130706543 0 0 0 0 0 2236 0 ■ ■ 117 0 2603  
2130706543 0

\* Exported from MasterCook \*

## Garden Phyllo Quiches

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1	(10 ounce) package	frozen chopped spinach -- thawed and squeezed to drain
1	cup	sliced mushrooms (3 ounces)
1	cup	milk
1/2	teaspoon	ground mustard (dry)

1/4 teaspoon salt  
1/8 teaspoon ground nutmeg  
2 eggs  
4 frozen (thawed) phyllo sheets  
2 teaspoons margarine or butter -- melted  
1/4 cup shredded Mozzarella cheese (1 ounce)  
1/4 cup alfalfa sprouts

Heat oven to 350°. Spray 10-inch skillet with nonstick cooking spray. Cook spinach and mushrooms in skillet over medium heat, stirring occasionally, until spinach is wilted and mushrooms are tender; remove from heat. Mix milk, mustard, salt, nutmeg and eggs; set aside.

Spray four 6-ounce custard cups with nonstick cooking spray. Place 1 phyllo sheet on flat surface; lightly brush with margarine. Top with remaining phyllo sheets, brushing each with margarine. Cut phyllo into fourths. Place 1 phyllo section in each custard cup. Trim overhanging edge of phyllo 1 inch from rim of cup.

Divide spinach mixture evenly among cups. Pour about 1/3 cup egg mixture into each cup. Fold edges of phyllo toward center. Bake 15 to 20 minutes or until egg mixture is set. Sprinkle with cheese. Top with alfalfa sprouts. Serve immediately.

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Per serving: 190 Calories (kcal); 9g Total Fat; (43% calories from fat); 10g Protein; 17g Carbohydrate; 108mg Cholesterol; 388mg Sodium

Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Serving Ideas : Serve these individual quiches with lemon-poppy seed muffins and fresh strawberries.

Nutr. Assoc. : 0 4977 0 518 0 0 3218 1290 4098 26153 12

\* Exported from MasterCook \*

### Garden Potato Salad

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories : Breads and Sides                      Salads

Amount Measure      Ingredient -- Preparation Method

1	cup	plain nonfat yogurt
1	tablespoon	reduced-fat French dressing
2	teaspoons	mustard
1/2	teaspoon	celery seed
1/2	teaspoon	salt
1/4	teaspoon	pepper
2	cups	diced cooked potatoes
1	cup	sliced radishes
1	cup	diced zucchini (about 1 medium)
1	cup	thinly sliced celery (about 2 medium stalks)
1/2	cup	shredded carrots (about 2 medium)
1/2	cup	sliced green onions (with tops)
2		hard-cooked eggs -- chopped

Mix yogurt, French dressing, mustard, celery seed, salt and pepper in medium glass or plastic bowl or in heavy plastic bag. Add remaining ingredients; toss until vegetables are evenly coated. Cover and refrigerate at least 3 hours.

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Description:

"Ordinary potato salad weighs in at about three times the calories of this version, made crunchy with added vegetables."

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T(Refrigerate):

"3:00"

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Per serving: 58 Calories (kcal); 1g Total Fat; (17% calories from fat); 3g Protein; 9g Carbohydrate; 36mg Cholesterol; 150mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 3989 0 0 0 0 2299 1223 5663 20195 4921 20030 3236

\* Exported from MasterCook \*

# Garden Vegetable Appetizers

Recipe By :

Serving Size : 30 Preparation Time :0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1	package	pie crust mix
1	(0.4 ounce) package	ranch dressing mix
1	teaspoon	baking soda
1/4	cup plus 1 tablespoon	water
1	(8 ounce) package	cream cheese -- softened



- 1/2 cup sour cream
- 2 cups chopped vegetables
- 3 medium green onions -- thinly sliced (1/3 cup)
- 6 slices bacon -- crisply cooked and crumbled

Heat oven to 400°. Stir pie crust mix, 2 teaspoons of the dressing mix (dry), the baking soda and water until pastry forms a ball. Press mixture evenly in bottom of ungreased jelly roll pan, 15 1/2 x 10 1/2 x 1 inch, with floured hands. Bake 8 to 10 minutes or until golden brown; cool completely.

Beat cream cheese, sour cream and remaining dressing mix with electric mixer on medium speed until smooth. Spread evenly over pastry. Sprinkle evenly with vegetables, onions and bacon. Cover and refrigerate at least 2 hours but no longer than 24 hours. Cut into 3-inch squares. Cut each square diagonally in half to make triangles.

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**Description:**

"These popular appetizers are perfect to tote to picnics. Pack the triangles in a flat container that will fit into your cooler."

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**T(Refrigerate):**

"2:00"

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Per serving: 94 Calories (kcal); 7g Total Fat; (66% calories from fat); 2g Protein; 6g Carbohydrate; 11mg Cholesterol; 187mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 538 0 1582 0 0 2653 3585 0 0

\* Exported from MasterCook \*

### Garlic Beef Patties with Vegetables

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1		pound lean ground beef
1/2	teaspoon	salt
1/4	teaspoon	garlic powder
1/8	teaspoon	pepper
2		small onions -- cut into fourths
1		small green bell pepper -- cut into 1/2-inch slices
1		small yellow summer squash -- cut into 1/2-inch slices
1	tablespoon	chopped fresh oregano
		OR
1/2	teaspoon	dried oregano leaves

Mix beef, salt, garlic powder and pepper. Shape mixture into 4 patties, each about 1/2 inch thick. Cook patties and onions in 10-inch skillet over medium heat about 5 minutes or until light brown; turn. Arrange bell pepper and squash around patties; sprinkle with oregano. Cover and cook about 8 minutes or until vegetables are crisp-tender and patties are no longer pink in center and juice is clear.

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cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

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Per serving: 251 Calories (kcal); 14g Total Fat; (50% calories from fat); 23g Protein; 8g Carbohydrate; 70mg Cholesterol; 328mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 1 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 9018 0 0 0 4288 0 5654 2130706543 0 3133

\* Exported from MasterCook \*

### Garlic Chicken and Mushrooms

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Pasta Poultry

Amount Measure Ingredient -- Preparation Method

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2 1/4	cups	uncooked mafalde (mini-lasagna noodles)	
		pasta (4 1/4 ounces)	
2	tablespoons	olive or vegetable oil	
1	pound	skinless boneless chicken breast halves -- cut into 1/2-inch slices	
8	cloves	garlic -- finely chopped	
8	ounces	whole mushrooms -- cut into fourths	
1/2	cup	sliced green onions (5 medium)	
1	(14 1/2 ounce) can	diced tomatoes -- undrained	
1/2	cup	chicken broth	
1/2	teaspoon	crushed red pepper	
1/2	teaspoon	cornstarch	
1/2	teaspoon	salt	
1/2	cup	chopped fresh cilantro or parsley	

Cook and drain pasta as directed on package. Heat 1 tablespoon of the oil in 12-inch skillet over medium-high heat. Cook chicken in oil 3 to 4 minutes, stirring occasionally, until light brown. Remove from skillet, keep warm.

Heat remaining 1 tablespoon oil in skillet over medium-high heat. Cook garlic in oil, stirring occasionally, until golden. Stir in mushrooms and green onions. Cook 2 minutes, stirring occasionally. Stir in tomatoes, broth, red pepper, cornstarch and salt. Heat to boiling; reduce heat to medium. Cook 4 to 5 minutes, stirring occasionally, until thickened. Stir in pasta, chicken and cilantro.

---

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Description:

"Without chicken, this becomes a delicious side dish, especially with grilled meat."

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Per serving: 415 Calories (kcal); 9g Total Fat; (20% calories from fat); 36g Protein; 46g Carbohydrate; 66mg Cholesterol; 597mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. #4137 986 2313 0 26405 20030 2470 0 0 0 ■ 20056

\* Exported from MasterCook \*

Garlic Chicken Kiev

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Poultry

Amount Measure Ingredient -- Preparation Method

---

3	tablespoons	reduced-fat margarine -- softened
1	tablespoon	snipped fresh chives or parsley
1/8	teaspoon	garlic powder
6	small	skinless boneless chicken breast halves (about 3 pounds)
2	cups	corn flakes -- crushed (about 1 cup)
2	tablespoons	chopped fresh parsley
1/2	teaspoon	paprika
1/4	cup	buttermilk
		OR
1/4	cup	skim milk

Mix margarine, chives and garlic powder; shape into rectangle, 3 x 2 inches. Cover and freeze until firm, about 30 minutes. Remove excess fat from chicken; flatten each chicken breast half to 1/4-inch thickness between waxed paper or plastic wrap.

Heat oven to 425°. Cut margarine mixture crosswise into 6 pieces. Place 1 piece on center of each chicken breast. Fold long sides over margarine; fold up ends and secure with wooden pick. Mix corn flakes, parsley and paprika. Dip chicken into buttermilk; lightly and evenly coat with corn flake mixture. Place chicken breasts, seam sides down, in square pan, 9 x 9 x 2 inches, sprayed with nonstick cooking spray. Bake uncovered until chicken is done, about 35 minutes.

Microwave Directions: Prepare chicken as directed. Arrange coated chicken breasts, seam sides down, on microwavable rack in microwavable dish. Microwave uncovered on High 4 minutes; rotate dish 1/2 turn. Microwave until chicken is done, 4 to 6 minutes longer. Let stand uncovered 5 minutes.

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Please note, if you should change this recipe it will no longer be an

approved Betty Crocker® Recipe.

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Per serving: 194 Calories (kcal); 5g Total Fat; (21% calories from fat); 28g Protein; 9g Carbohydrate; 69mg Cholesterol; 225mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4295 3347 0 2313 0 0 0 0 0 2130706543

\* Exported from MasterCook \*

### Garlic Rosemary Halibut

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Grilling Seafood

Amount	Measure	Ingredient -- Preparation Method
3	tablespoons	reduced-sodium chicken broth
4	cloves	garlic -- finely chopped
1	tablespoon	chopped fresh rosemary
		OR
1	teaspoon	dried rosemary leaves -- crushed
1/2	teaspoon	ground mustard (dry)
2	teaspoons	soy sauce
3	tablespoons	red or white wine vinegar
1	pound	halibut, cod or red snapper fillets -- 1/2 to 3/4 inch thick

Heat broth to boiling in 1-quart saucepan over medium-high heat. Cook garlic in broth, stirring frequently, until golden. Stir in rosemary, mustard and soy sauce; remove from heat. Stir in vinegar; cool.

Place fish in shallow nonmetal dish or heavy-duty resealable plastic bag. Pour marinade over fish. Cover dish or seal bag and refrigerate, turning once, at least 1 hour but no longer than 24 hours.

Generously spray grill rack with nonstick cooking spray. Heat coals or gas grill. Remove fish from marinade; reserve marinade. Cover and grill fish about 4 inches from medium heat 8 to 12 minutes, brushing frequently with marinade and turning once, until fish flakes easily with fork. Discard any remaining marinade.

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Please note that although this recipe contains ingredients that are not fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed.

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Per serving: 105 Calories (kcal); 1g Total Fat; (7% calories from fat); 21g Protein; 2g Carbohydrate; 49mg Cholesterol; 258mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #4017 0 2130706543 0 3152 518 0 5605 2748

\* Exported from MasterCook \*

## Garlicky Meatballs over Rice

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

3/4	pound	extra-lean ground beef
1	slice	whole wheat bread -- crumbled
1/4	cup	salsa
4	cloves	garlic -- finely chopped
2	(8 ounce) cans	tomato sauce
3	cups	hot cooked rice

Mix all ingredients except tomato sauce and rice. Shape into sixteen 1 1/2-inch meatballs. Spray 10-inch nonstick skillet with nonstick cooking spray; heat over medium-high heat. Place meatballs in skillet, spray meatballs with nonstick cooking spray. Cook until meatballs are brown on all sides. Stir in tomato sauce. Heat to boiling; reduce heat to low. Cover and simmer about 20 minutes, stirring occasionally until meatballs are no longer pink in center. Serve over rice.

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Description:

"If you love garlic and chilis, these are the meatballs for you!"

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Per serving: 395 Calories (kcal); 11g Total Fat; (25% calories from fat); 22g Protein; 52g Carbohydrate; 53mg Cholesterol; 833mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #9018 4003 0 0 0 0

\* Exported from MasterCook \*

### Garlicky Pork with Basil

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Meat Pork

Amount	Measure	Ingredient -- Preparation Method
3/4	pound	lean pork tenderloin
1	teaspoon	vegetable oil
1/4	cup	chicken broth
1/4	cup	chopped fresh basil
		OR
1	tablespoon	plus 1 teaspoon dried basil leaves
1/8	teaspoon	ground red pepper (cayenne)
4	cloves	garlic -- crushed

Trim fat from pork if necessary. Cut pork crosswise into ■ pieces. Flatten each piece to 1/4-inch thickness between waxed paper or plastic wrap. Heat oil in 10-inch nonstick skillet over medium-high heat. Cook pork in oil about 3 minutes, turning once, until brown. Stir in remaining ingredients. Heat to boiling; reduce heat. Cover and simmer about 5 minutes or until pork is no longer pink in center.

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approved Betty Crocker® Recipe.

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Per serving: 120 Calories (kcal); 4g Total Fat; (32% calories from fat); 18g Protein; 1g Carbohydrate; 55mg Cholesterol; 91mg Sodium  
 Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : If you're concerned about sodium in your diet, try using  
 reduced-sodium versions of prepared foods such as chicken broth.  
 Nutr. Assoc. : 1169 0 0 0 0 2130706543 2514 0

\* Exported from MasterCook \*

### Ginger Mint Iced Tea

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Appetizers Beverages

Amount	Measure	Ingredient -- Preparation Method
4	cups	water
4		tea bags
1		3 inch piece gingerroot (3 to 4-inch) -- thinly sliced
1	tablespoon	grated orange peel (1 to 2 tablespoons)
4		sprigs mint

Heat water to boiling. Add tea bags, gingerroot and orange peel; remove from heat. Steep 10 minutes; remove tea bags. Let stand 30 to 60 minutes. Place mint in ice-filled glasses. Strain tea over ice. Strain and

refrigerate any remaining tea.

---

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Please note that although this recipe contains ingredients that are not fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed.

Description:

"The secret to this flavorful tea is the gingerroot. The more gingerroot you use and the longer the tea stands, the stronger the ginger flavor will be."

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Per serving: 26 Calories (kcal); trace Total Fat, (6% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 15mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 5263 630 20085 0

\* Exported from MasterCook \*

### Ginger-Eggplant Dip

Recipe By :

Serving Size : 36 Preparation Time :0:00

Categories : Appetizers Dips, Spreads & Salsas

Amount	Measure	Ingredient -- Preparation Method
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1	medium	eggplant (about 1 1/2 pounds) -- cut lengthwise in half
1		1 inch piece peeled gingerroot
1	clove	garlic (1 to 2 cloves)
1/2	small	onion
2	tablespoons	packed brown sugar
2	tablespoons	cider vinegar
		Baked Pita Chips -- (see recipe) if desired

Place eggplant, cut sides up, in rectangular microwavable dish, 22 x 7 x 1 1/2 inches. Cover with plastic wrap, folding back one corner to vent. Microwave on High 8 to 10 minutes, rotating dish 1/2 turn after 4 minutes, until tender.

Place gingerroot, garlic and onion in food processor. Cover and process until chopped. Scoop out eggplant pulp. Add eggplant pulp, brown sugar and vinegar to gingerroot mixture. Cover and process until smooth. Serve with Baked Pita Chips.

---

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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 Yield:  
 "2 1/4 Cups"

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Per serving: 26 Calories (kcal); trace Total Fat, (6% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 39mg Sodium

Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : You'll find gingerroot in the produce section of your supermarket.

Nutr. Assoc. : 26407 3520 620 0 0 0 0

\* Exported from MasterCook \*

### Baked Pita Chips

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
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4		whole wheat pita breads (6 inches in diameter)
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Heat oven to 400°. Cut around outside edges of pita breads to separate layers. Cut each layer into 8 wedges. Place in single layer on 2 ungreased cookie sheets. Bake about 9 minutes or until crisp and light brown; cool.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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T(Bake):

"0:09"

Per serving: 85 Calories (kcal); 1g Total Fat; (8% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 170mg Sodium  
 Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit, ■ Fat; ■ Other Carbohydrates

Nutr. Assoc. #26190

\* Exported from MasterCook \*

### Ginger-Glazed Carrots

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Breads and Sides Vegetables

Amount	Measure	Ingredient -- Preparation Method
4	cups	carrots -- cut into 1/4-inch slices (8 medium)
1/2	cup	water
1/2	cup	dry white wine
		OR
1/2	cup	apple juice
2	teaspoons	margarine
1	teaspoon	ground ginger
1	tablespoon	lemon juice
2	teaspoons	packed brown sugar

Cook all ingredients except lemon juice and brown sugar in 10-inch skillet over medium heat 12 to 15 minutes, stirring occasionally, until liquid has evaporated. Reduce heat to medium-low. Stir in lemon juice and brown sugar. Cook 5 minutes, stirring occasionally, until carrots are glazed.

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analysis programs and different nutrient databases, variations in results are expected.

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Per serving: 63 Calories (kcal); 1g Total Fat; (19% calories from fat); 1g Protein; 13g Carbohydrate; 0mg Cholesterol; 47mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2495 0 2130706543 0 0 0 0 210

\* Exported from MasterCook \*

### Ginger-Lime Tuna Steaks

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Grilling Seafood

Amount Measure Ingredient -- Preparation Method

-----  
Ginger-Lime Marinade -- (recipe follows)  
1 1/2 pounds tuna, swordfish or halibut steaks -- 3/4 to 1 inch thick  
Lime wedges -- if desired

GINGER-LIME MARINADE  
1/4 cup lime juice  
2 tablespoons olive or vegetable oil  
1 teaspoon finely chopped gingerroot  
1/4 teaspoon salt  
Dash ground red pepper (cayenne)  
1 clove garlic -- crushed

Prepare Ginger-Lime Marinade. If fish steaks are large, cut into 6 serving pieces. Place in shallow nonmetal dish or heavy-duty resealable plastic bag. Add marinade; turn fish to coat with marinade. Cover dish or seal bag

and refrigerate at least 1 hour but no longer than 24 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove fish from marinade; reserve marinade. Cover and grill fish about 4 inches from medium heat 15 to 20 minutes, brushing 2 or 3 times with marinade and turning once, until fish flakes easily with fork. Discard any remaining marinade. Serve fish with lime wedges.

#### GINGER-LIME MARINADE:

Mix all ingredients.

---

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 207 Calories (kcal); 10g Total Fat; (45% calories from fat); 27g Protein; 1g Carbohydrate; 43mg Cholesterol; 133mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. #2130706543 5328 2130706543 0 0 0 986 26051 0 2514 0

\* Exported from MasterCook \*



## Ginger-Lime-Marinated Swordfish Steaks

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Grilling Seafood

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	swordfish steaks -- 3/4 to 1 inch thick
1/4	cup	lime juice
2	tablespoons	olive or vegetable oil
1	teaspoon	finely chopped gingerroot
1/4	teaspoon	salt
		Dash ground red pepper (cayenne)
1	clove	garlic -- crushed
		Lime wedges -- if desired

If fish steaks are large, cut into 6 serving pieces. Mix remaining ingredients except lime wedges in shallow nonmetal dish or heavy-duty resealable plastic bag. Add fish, turning to coat with marinade. Cover dish or seal bag and refrigerate at least 30 minutes but no longer than 2 hours.

Heat coals or gas grill. Remove fish from marinade; reserve marinade. Cover and grill fish 4 to 6 inches from medium heat 15 to 20 minutes, brushing 2 or 3 times with marinade and turning once, until fish flakes easily with fork. Discard any remaining marinade. Serve fish with lime wedges.

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Description:

"Any firm fish, such as tuna or halibut, can be used in this recipe."

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Per serving: 181 Calories (kcal); 9g Total Fat; (46% calories from fat); 23g Protein; 1g Carbohydrate; 44mg Cholesterol; 191mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1468 0 986 26051 0 2514 0 2130706543

\* Exported from MasterCook \*

# Ginger-Spice Beef Kabobs

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Grilling  
Meat

Amount	Measure	Ingredient -- Preparation Method
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-----		
		Ginger-Spice Marinade -- (recipe follows)
1	pound	beef sirloin steak or round steak -- 1 1/4 inches thick
2	bunches	green onions

## GINGER-SPICE MARINADE

1/4	cup	soy sauce
1/4	cup	water
2	tablespoons	honey
1/2	teaspoon	grated ginger root
		OR

- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1 clove garlic -- finely chopped

Prepare Ginger-Spice Marinade in shallow nonmetal dish or heavy-duty resealable plastic bag. Trim fat and bone from beef. Cut beef into 1 1/2-inch strips; cut each strip into 1/4-inch pieces. Add beef to marinade, stirring to coat with marinade. Cover dish or seal bag and refrigerate at least 1 hour but no longer than 24 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Trim green tops from onions and reserve for another use. Cut onions into 1-inch pieces. Remove beef from marinade; reserve marinade. Thread beef and onion pieces alternately on each of four 15-inch metal skewers, leaving space between each.

Grill kabobs uncovered 4 to 5 inches from medium heat 10 to 15 minutes for medium doneness (160°F), turning frequently and brushing occasionally with marinade.

To serve, heat remaining marinade to boiling; boil and stir 1 minute. Spoon marinade over kabobs.

#### GINGER-SPICE MARINADE:

Mix all ingredients.

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Per serving: 189 Calories (kcal); 4g Total Fat; (19% calories from fat); 26g Protein; 11g Carbohydrate; 66mg Cholesterol; 1096mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Not a beef lover? Then try these kabobs with chicken. Use 1 pound  
skinless boneless chicken breast meat, cut into 1 x 1 x 1/4-inch  
pieces.

Nutr. Assoc. : 2130706543 5825 3585 0 0 0 0 0 0 2130706543 0 0

\* Exported from MasterCook \*

### Gingerbread with Orange Sauce

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
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1	cup	all-purpose flour
1/4	cup	molasses
1/4	cup	hot water
2	tablespoons	packed brown sugar
2	tablespoons	shortening
1/2	teaspoon	baking soda
1/2	teaspoon	ground ginger
1/2	teaspoon	ground cinnamon
1/8	teaspoon	salt
1		egg white
		Frozen (thawed) reduced-fat whipped
		topping -- if desired
		Orange Sauce -- (recipe follows)

### ORANGE SAUCE

3	tablespoons	sugar
1	tablespoon	cornstarch
1	cup	water
1	tablespoon	finely shredded orange peel
1	tablespoon	orange juice

Heat oven to 325°. Spray loaf pan, 8 1/2 x 4 1/2 x 2 1/2 inches, with nonstick cooking spray. Beat all ingredients except whipped topping and Orange Sauce in medium bowl with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 3 minutes, scraping bowl occasionally. Pour into pan.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Serve warm or cool with whipped topping and Orange Sauce.

#### ORANGE SAUCE:

Mix sugar and cornstarch in 1-quart saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in orange peel and orange juice. Serve warm or cool.

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Per serving: 152 Calories (kcal); 3g Total Fat, (19% calories from fat); 2g Protein; 29g Carbohydrate; 0mg Cholesterol; 126mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit, 1/2 Fat, 1 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 2130706543 2130706543 0 0 0 0 0 20085 0

\* Exported from MasterCook \*

## Gingered Beef Lo Mein

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1	cup	water
3	tablespoons	cornstarch
1	tablespoon	packed brown sugar
3	tablespoons	low-sodium soy sauce
3	teaspoons	grated gingerroot
1	teaspoon	low-sodium beef bouillon granules
4	ounces	uncooked vermicelli
2	teaspoons	chili oil
1	pound	beef boneless sirloin steak -- cut into 2 x 1/4-inch strips
1	clove	garlic -- crushed
1	medium	red bell pepper -- cut into 2 x 1/4-inch strips
1	cup	1/4-inch slices mushrooms (about 3 ounces)
1	cup	Chinese pea pods
1	tablespoon	sesame seed -- toasted

Mix water, cornstarch, brown sugar, soy sauce, 2 teaspoons of the gingerroot and the bouillon granules; set aside. Cook and drain vermicelli as directed on package.

While vermicelli is cooking, heat wok or 12-inch nonstick skillet until 1 or 2 drops of water bubble and skitter when sprinkled in wok. Add oil; rotate wok to coat sides. Add beef, remaining 1 teaspoon gingerroot and the garlic; stir-fry about 3 minutes or until beef is brown. Add bell pepper, mushrooms and pea pods; stir-fry 1 minute. Stir in cornstarch mixture. Cook and stir about 1 minute or until thickened. Stir in vermicelli. Sprinkle with sesame seed.

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Per serving: 286 Calories (kcal); 13g Total Fat; (40% calories from fat); 17g Protein; 25g Carbohydrate; 47mg Cholesterol; 399mg Sodium  
 Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; ■ Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Chili oil is vegetable oil that has been steeped or infused with hot chilis. It adds a hot, spicy "kick" to this recipe.  
 Nutr. Assoc. : 0 0 0 0 0 26440 1569 4267 27226 0 0 4977 4373 1357

\* Exported from MasterCook \*

### Glazed Chicken Wings

Recipe By :  
 Serving Size : 30 Preparation Time : 0:00  
 Categories : Appetizers Poultry

Amount	Measure	Ingredient -- Preparation Method
3	pounds	chicken wings (about 15)
2/3	cup	soy sauce
1/2	cup	honey
2	tablespoons	vegetable oil
2	teaspoons	five-spice powder
2	cloves	garlic — crushed

Cut each chicken wing at joints to make 3 pieces; discard tip. Place chicken in shallow glass or plastic dish. Mix remaining ingredients; pour

over chicken. Cover and refrigerate at least 1 hour but no longer than 4 hours, turning chicken occasionally.

Heat oven to 375°. Line broiler pan with aluminum foil. Remove chicken from marinade; reserve marinade. Arrange chicken on rack in broiler pan. Brush with reserved marinade. Bake 30 minutes. Turn chicken. Bake about 30 minutes longer, brushing occasionally with marinade, until juice of chicken is no longer pink when center of thickest pieces are cut. Discard any remaining marinade.

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Per serving: 83 Calories (kcal); 5g Total Fat; (51% calories from fat); 5g Protein; 5g Carbohydrate; 19mg Cholesterol; 384mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat, 0 Vegetable; ■ Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Do-Ahead Directions: After baking, chicken wings can be covered and refrigerated up to 24 hours. Bake uncovered in 375° oven about 15 minutes or until hot.  
Nutr. Assoc. : 2594 0 0 0 0 0

\* Exported from MasterCook \*



## Glazed Lemon Bars

Recipe By :

Serving Size : 24 Preparation Time : 0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
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1	cup	Bisquick® Original baking mix
2	tablespoons	powdered sugar
2	tablespoons	firm margarine or butter
3/4	cup	granulated sugar
1/4	cup	flaked coconut -- if desired
1	tablespoon	Bisquick® Original baking mix
2		eggs
2	teaspoons	grated lemon peel
2	tablespoons	lemon juice
		Lemon Glaze -- (recipe follows)

## LEMON GLAZE

1/2	cup	powdered sugar
1	tablespoon	lemon juice

Heat oven to 350°. Mix 1 cup of the baking mix and the powdered sugar. Cut in margarine until crumbly. Press in ungreased square pan, 8 × 8 × 2 inches. Bake about 10 minutes or until light brown.

Mix remaining ingredients except Lemon Glaze. Pour over baked layer. Bake about 25 minutes or until set and golden brown. Loosen edges from sides of pan while warm. Prepare glaze. Spread evenly over baked layer, cool completely. Cut into 2 × 1 1/4-inch bars.

## LEMON GLAZE:

Mix ingredients until smooth and spreading consistency.

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Yield:

"24 Bars"

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Per serving: 76 Calories (kcal); 2g Total Fat; (26% calories from fat); 1g Protein; 13g Carbohydrate; 16mg Cholesterol; 80mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 2250 0 4098 0 2737 2250 3218 20084 0 2130706543 ■ ■ 0 ■

\* Exported from MasterCook \*

### Granola Candy

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	fat-free granola
		OR
1/2	cup	low-fat fruit granola
1/2	cup	crispy corn puff cereal
2	tablespoons	raisins or dried cranberries — if desired
1/2	cup	miniature marshmallows
1	tablespoon	honey
1	tablespoon	reduced-fat peanut butter

Line cookie sheet with waxed paper. Mix granola, corn puff cereal and

raisins in medium bowl. Heat remaining ingredients in 1-quart nonstick saucepan over low heat, stirring constantly, until marshmallows are melted. Immediately pour over cereal mixture; stir until evenly coated. Shape mixture into 1 1/2-inch balls, using wet hands. Place on waxed paper. Refrigerate at least 10 minutes.

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Description:

"These low-fat candies are perfect for children. Kids can snack on them and get a little nutrition ■ the same time."

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Yield:

"12 Candies"

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Per serving: 44 Calories (kcal); 1g Total Fat; (15% calories from fat); 1g Protein; 8g Carbohydrate; 0mg Cholesterol; 22mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. :2130706543 0 25049 371 4680 4150 0 0

\* Exported from MasterCook \*

## Greek Couscous Salad

Recipe By :

Serving Size : 7 Preparation Time :0:00

Categories : Breads and Sides                      Salads

Amount	Measure	Ingredient -- Preparation Method
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10		sun-dried tomato halves (not oil-packed)
1 1/2	cups	cold cooked couscous
1		small unpeeled cucumber -- seeded and coarsely chopped (about 3/4 cup)
2	tablespoons	chopped fresh parsley
		OR
2	teaspoons	dried parsley flakes
1	tablespoon	chopped fresh basil
		OR
1	teaspoon	dried basil leaves
2	ounces	Feta cheese -- crumbled (about 1/3 cup)
1	tablespoon	pine nuts -- toasted
1	tablespoon	olive or vegetable oil
1	tablespoon	lemon juice
1 1/2	teaspoons	chopped fresh oregano
		OR
1/2	teaspoon	dried oregano leaves
1/4	teaspoon	salt
1/8	teaspoon	coarsely ground pepper

Pour enough hot water over sun-dried tomatoes to cover. Let stand 10 to 15 minutes or until softened; drain and coarsely chop. Mix tomatoes, couscous, cucumber, parsley, basil, cheese and nuts in large bowl. Mix remaining ingredients. Pour over couscous mixture; toss. Cover and refrigerate 1 to 2 hours to blend flavors.

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Per serving: 97 Calories (kcal); 4g Total Fat; (40% calories from fat); 3g Protein; 11g Carbohydrate; 7mg Cholesterol; 230mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1447 448 26365 2130706543 0 3135 0 0 2130706543 ■ 1126 986  
0 0 0 2130706543 0 0

\* Exported from MasterCook \*

### Greek Turkey Tenderloins

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Grilling Poultry

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	plain yogurt
2	tablespoons	chopped fresh parsley
		OR
2	teaspoons	dried parsley flakes
2	tablespoons	chopped fresh oregano
		OR
2	teaspoons	dried oregano leaves
2	tablespoons	lemon juice
1/4	teaspoon	pepper
1	clove	garlic -- finely chopped
2	(3/4 pound)	turkey breast tenderloins
		Lemon slices -- if desired
		Parsley sprigs -- if desired

Mix all ingredients except turkey, lemon slices and parsley in shallow nonmetal dish or heavy-duty resealable plastic bag. Add turkey, turning to coat with marinade. Cover dish or seal bag and refrigerate at least 8 hours but no longer than 24 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove turkey from marinade; reserve marinade. Cover and grill turkey 4 to 5 inches from medium heat 25 to 30 minutes, brushing occasionally with marinade and turning after 15 minutes, until juice is no longer pink when center of thickest piece is cut. Discard any remaining marinade.

Remove turkey from grill; let stand 10 minutes before cutting. To serve, cut turkey diagonally into 1/2-inch slices. Garnish with lemon slices and parsley.

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Per serving: 176 Calories (kcal); 8g Total Fat; (41% calories from fat); 23g Protein; 2g Carbohydrate; 69mg Cholesterol; 71mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 2130706543 0 0 2130706543 0 0 0 27130 2130706543  
2130706543

\* Exported from MasterCook \*

## Grilled Halibut with Tomato-Avocado Salsa

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Grilling Seafood

Amount	Measure	Ingredient -- Preparation Method
-----		
		Tomato-Avocado Salsa -- (recipe follows)
1 1/2	pounds	halibut, tuna or swordfish steaks -- 3/4 to 1-inch thick
2	tablespoons	olive or vegetable oil
1	tablespoon	lemon juice
1/4	teaspoon	salt
1/4	teaspoon	ground cumin
1/8	teaspoon	ground red pepper (cayenne)
1	clove	garlic -- crushed
		TOMATO-AVOCADO SALSA
2	medium	tomatoes -- chopped (about 1 1/2 cups)
2		green onions -- thinly sliced
1	medium	avocado -- peeled and coarsely chopped
1	small	jalapeño chili -- seeded and finely chopped
1/4	cup	chopped fresh cilantro
2	teaspoons	lemon juice
1/4	teaspoon	salt

Prepare Tomato-Avocado Salsa. If fish steaks are large, cut into 6 serving pieces. Mix remaining ingredients in shallow nonmetal dish or heavy-duty resealable plastic bag. Place fish in dish; turn to coat with marinade. Cover dish or seal bag and refrigerate at least 30 minutes but no longer than 2 hours.

Heat coals or gas grill. Remove fish from marinade; reserve marinade. Cover and grill fish about 4 inches from medium coals 15 to 20 minutes, brushing 2 or 3 times with marinade and turning once, until fish flakes easily with fork. Discard any remaining marinade. Serve fish with salsa.

TOMATO-AVOCADO SALSA:

Mix all ingredients. Cover and refrigerate about 20 minutes or until chilled.

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Per serving: 224 Calories (kcal); 11g Total Fat; (43% calories from fat); 26g Protein; 5g Carbohydrate; 53mg Cholesterol; 228mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; ■ Fruit; 2 Fat; 0 Other Carbohydrates

Serving Ideas : Serve leftover salsa with tortilla chips the next day!

Nutr. Assoc. : 2130706543 26861 986 0 0 0 2514 0 0 0 5296 3585 0 26360 0 0  
0

\* Exported from MasterCook \*

### Grilled Honey-Mustard Chicken Sandwiches

Recipe By :  
Serving Size : 4 Preparation Time :0:00



Categories : Grilling Poultry

Amount Measure Ingredient -- Preparation Method

---

1/4 cup Dijon mustard  
 2 tablespoons honey  
 1 teaspoon dried oregano leaves  
 1/4 teaspoon garlic powder  
 1/8 teaspoon ground red pepper (cayenne) (1/8 to 1/4  
 teaspoon)  
 1 teaspoon water  
 4 skinless boneless chicken breast halves  
 (about 1 pound)  
 4 whole grain sandwich buns -- split  
 8 thin slices tomato  
 Leaf lettuce

Mix mustard, honey, oregano, garlic powder, red pepper and water; brush on chicken.

Heat coals or gas grill. Cover and grill chicken 4 to 6 inches from medium coals 15 to 20 minutes, brushing with mustard mixture and turning occasionally, until juice is no longer pink when centers of thickest pieces are cut. Discard any remaining mustard mixture.

Serve chicken on buns with tomato and lettuce.

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MasterCook includes all of the ingredients listed, including the portions that are not consumed.

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Yield:  
"4 Sandwiches"

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Per serving: 297 Calories (kcal); 5g Total Fat; (14% calories from fat); 33g Protein; 31g Carbohydrate; 68mg Cholesterol; 466mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 3133 0 2514 0 2313 4161 258 0

\* Exported from MasterCook \*

### Grilled Mahi Mahi with Pineapple

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Grilling Seafood

Amount	Measure	Ingredient -- Preparation Method
1 1/4	pounds	mahi mahi fillets -- 1/2 to 1/4 inch thick
4	slices	fresh pineapple -- about 3/4 inch thick
		Gingered Pineapple Marinade -- (recipe follows)

#### GINGERED PINEAPPLE MARINADE

1 1/2	cups	unsweetened pineapple juice
1/4	cup	reduced-sodium soy sauce
3	tablespoons	sesame oil
2	teaspoons	grated gingerroot
1 1/2	teaspoons	finely chopped garlic
1/2	teaspoon	crushed red pepper
4	medium	green onions -- chopped (1/4 cup)

Prepare Gingered Pineapple Marinade. Remove 1 cup of the marinade; cover and refrigerate remaining marinade for basting. Cut fish into 4 serving pieces. Place fish in shallow nonmetal dish or heavy-duty resealable plastic bag. Pour 1 cup marinade over fish. Cover dish or seal bag and refrigerate, turning once, at least 2 hours but no longer than 12 hours.

Generously spray grill rack with nonstick cooking spray. Heat coals or gas grill. Remove fish from marinade; discard marinade. Cover and grill fish and pineapple about 4 inches from medium heat 8 to 12 minutes, brushing frequently with reserved marinade and turning once, until fish flakes easily with fork. (If pineapple becomes too brown, remove from grill.) Discard any remaining basting marinade.

#### GINGERED PINEAPPLE MARINADE:

Mix all ingredients.

---

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Per serving: 335 Calories (kcal); 12g Total Fat; (31% calories from fat); 28g Protein; 30g Carbohydrate; 104mg Cholesterol; 730mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 2 Fat; ■ Other Carbohydrates

Nutr. Assoc. 3077 5748 2130706543 0 0 0 5063 0 0 26351 ■ 3585

\* Exported from MasterCook \*

## Grilled Southwestern Pork Chops

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Grilling Meat  
Pork

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	chili powder
1	tablespoon	vegetable oil
1	teaspoon	ground cumin
1/4	teaspoon	salt
1/4	teaspoon	ground red pepper (cayenne)
1	large clove	garlic -- finely chopped
2 1/2	pounds	pork loin or rib chops -- about 1/2 inch thick (8 chops)

Mix all ingredients except pork. Cut outer edge of fat on pork chops diagonally at 1-inch intervals to prevent curling (do not cut into meat). Spread chili powder mixture evenly on both sides of pork chops. Cover and refrigerate at least 30 minutes but no longer than 24 hours.

Heat coals or gas grill. Cover and grill pork 4 to 6 inches from medium heat 10 to 12 minutes, turning frequently, until slightly pink when cut near bone.

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Per serving: 184 Calories (kcal); 8g Total Fat; (40% calories from fat); 26g Protein; 1g Carbohydrate; 64mg Cholesterol; 129mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 2514 0 5782

\* Exported from MasterCook \*

### Grilled Teriyaki Chicken Salad

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Grilling Poultry

Amount Measure Ingredient -- Preparation Method

-----  
Sweet-and-Sour Dressing -- (recipe follows)  
1 (8 ounce) can sliced pineapple -- drained and juice reserved  
1/4 cup teriyaki baste and glaze sauce  
4 skinless boneless chicken breast halves  
(about 1 pound)  
1/4 teaspoon seasoned pepper  
6 cups bite-size pieces mixed salad greens  
4 cups cut-up vegetables (Chinese pea pods,  
sliced mushrooms, red bell pepper strips)

SWEET-AND-SOUR DRESSING  
1/4 cup (about) teriyaki baste and glaze  
Reserved pineapple juice  
1/4 cup white wine vinegar  
2 tablespoons sugar  
2 tablespoons vegetable oil

1/4 cup teriyaki baste and glaze (about)

Prepare Sweet-and-Sour Dressing. Brush both sides of pineapple with teriyaki sauce. Brush both sides of chicken with teriyaki sauce; sprinkle with seasoned pepper.

Heat coals or gas grill. Cover and grill chicken 4 to 6 inches from medium coals 15 to 20 minutes, turning occasionally, until juice of chicken is no longer pink when centers of thickest pieces are cut. Grill pineapple 2 to 3 minutes, turning once, until heated through. Cut chicken diagonally into 1-inch strips.

Divide salad greens among 4 dinner plates. Top with vegetables. Arrange chicken and pineapple on vegetables. Drizzle with dressing.

#### SWEET-AND-SOUR DRESSING:

Add enough teriyaki sauce to pineapple juice to equal 1/2 cup. Shake juice mixture and remaining ingredients in tightly covered small container. Shake again just before serving.

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Per serving: 313 Calories (kcal); 9g Total Fat; (24% calories from fat); 32g Protein; 28g Carbohydrate; 68mg Cholesterol; 1482mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

NOTES : Ground pepper combinations are popular. Seasoned pepper is a blend

of black pepper and spices, but you also can use lemon pepper,  
garlic pepper or freshly ground black pepper.

Nutr. Assoc. : 2130706543 4498 1489 2313 0 4165 4977 ■■■■■■ 1489

\* Exported from MasterCook \*

### Grilled Thai Marinated Summer Squash

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Grilling Vegetables

Amount	Measure	Ingredient -- Preparation Method
1		medium zucchini -- cut lengthwise in half
1		medium yellow summer squash -- cut lengthwise in half
1/4	cup	reduced-sodium chicken broth
1	tablespoon	lime juice
1/2	teaspoon	chopped fresh mint
		OR
1/8	teaspoon	dried mint leaves
1/2	teaspoon	chopped fresh basil
		OR
1/8	teaspoon	dried basil leaves
1/2	teaspoon	finely chopped gingerroot
1/2	teaspoon	finely chopped jalapeño chili
1	teaspoon	reduced-sodium soy sauce

Place zucchini and squash in square baking dish 8 x 8 x 2 inches. Mix remaining ingredients; pour over vegetables. Cover and let stand at least 1 hour but no longer than 2 hours.

Heat coals or gas grill. Remove vegetables from marinade; reserve marinade. Cover and grill vegetables 4 inches from medium heat 10 to 15 minutes, turning and brushing 2 or 3 times with marinade, until golden brown and tender.

Cut each crosswise into 4 pieces. Toss with any remaining marinade.

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Per serving: 18 Calories (kcal); trace Total Fat; (6% calories from fat); 2g Protein; 3g Carbohydrate; 0mg Cholesterol; 85mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 5654 4017 0 0 0 2130706543 0 0 2130706543 26051 26060  
5063

\* Exported from MasterCook \*

### Grilled Turkey Burgers

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Grilling Poultry

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground turkey
1	small	onion -- finely chopped (1/4 cup)
1	tablespoon	Worcestershire sauce
1/4	teaspoon	pepper
2	tablespoons	Dijon mustard
2	tablespoons	horseradish sauce



4 hamburger buns -- split and toasted

Heat coals or gas grill. Mix turkey, onion, Worcestershire sauce and pepper. Shape mixture into 4 patties, each about 3/4 inch thick. Cover and grill patties 4 to 6 inches from medium coals 12 to 15 minutes, turning once, until no longer pink in center. Mix mustard and horseradish sauce. Serve burgers on buns with mustard mixture.

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Per serving: 330 Calories (kcal); 14g Total Fat; (38% calories from fat); 24g Protein; 26g Carbohydrate; 94mg Cholesterol; 505mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : There's nothing like a juicy, sizzling burger hot off the grill. Serve with potato salad and grilled corn on the cob for a great summer meal.

Nutr. Assoc. : 0 0 0 0 0 0 713

\* Exported from MasterCook \*

Guacamole

Recipe By :  
Serving Size : 36 Preparation Time :0:00  
Categories : Appetizers Dips, Spreads & Salsas

Amount	Measure	Ingredient -- Preparation Method
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2		large ripe avocados -- mashed
2		medium tomatoes -- finely chopped (1 1/2 cups)
2		jalapeño chilis -- seeded and chopped*
1		medium onion -- chopped (1/2 cup)
1		clove garlic
2	tablespoons	finely chopped fresh cilantro
2	tablespoons	lime or lemon juice
1/2	teaspoon	salt
		Dash pepper
		Spicy Tortilla Chips -- (see recipe) if desired
		OR
		Baked Pita Chips -- (see recipe) if desired
		OR
		tortilla chips -- if desired

Mix all ingredients except Spicy Tortilla Chips in glass or plastic bowl.  
Cover and refrigerate 1 hour to blend flavors. Serve with tortilla chips.

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are expected.

#### Description:

"This versatile dip can be served with chips, or to top burgers,  
sandwiches or anything that needs a kick of flavor."

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#### Yield:

"2 1/4 Cups"

Per serving: 39 Calories (kcal); 2g Total Fat; (40% calories from fat); 1g Protein; 5g Carbohydrate; 0mg Cholesterol; 70mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : \*2 tablespoons canned chopped green chilis can be substituted for  
the jalapeño chilis.

Nutr. Assoc. : 26517 5296 26360 0 0 20056 822 0 0 2130706543 0 2130706543  
0 2130706543

\* Exported from MasterCook \*

### Baked Pita Chips

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
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4		whole wheat pita breads (6 inches in diameter)
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Heat oven to 400°. Cut around outside edges of pita breads to separate  
layers. Cut each layer into 8 wedges. Place in single layer on 2 ungreased  
cookie sheets. Bake about 9 minutes or until crisp and light brown; cool.

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T(Bake):

"0:09"

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Per serving: 85 Calories (kcal); 1g Total Fat; (8% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 170mg Sodium  
 Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26190

\* Exported from MasterCook \*

### Spicy Tortilla Chips

Recipe By :  
 Serving Size : 96 Preparation Time :0:00  
 Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	margarine -- melted
1/2	teaspoon	chili powder
8		corn tortillas
		OR
8		flour tortillas (8 inches in diameter)

Heat oven to 400°. Mix margarine and chili powder; brush on one side of tortillas. Cut each into 12 wedges. Place on ungreased jelly roll pan, 15 1/2 × 10 1/2 × 1 inch. Bake uncovered 8 to 10 minutes or until crisp and golden brown; cool. (Tortillas will continue to crisp as they cool.)

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Yield:

"96 chips"

-----

Per serving: 7 Calories (kcal); trace Total Fat; (37% calories from fat); trace Protein; 1g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 2883 0 2130706543

\* Exported from MasterCook \*

### Halibut with Braised Vegetables

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
2	cups	finely chopped onions (about 2 large)
1/2	cup	tomato juice
1/2	cup	apple juice
2	cloves	garlic -- finely chopped
1	cup	chopped red or green bell pepper (about 1 medium)
1	cup	cooked fresh corn (about 2 medium ears)
		OR
1	cup	frozen (thawed) whole kernel corn
		OR
1	cup	canned (drained) whole kernel corn
1/2	cup	sliced green onions (about 5 medium)
2	tablespoons	lime juice
1	tablespoon	Dijon mustard
1/4	teaspoon	salt

1/4 teaspoon celery seed  
1/4 teaspoon pepper  
1 1/2 pounds halibut or other lean fish fillets — cut into 6 serving pieces

Heat onions, tomato juice, apple juice and garlic to boiling in 2-quart saucepan; reduce heat to medium. Cook uncovered about 10 minutes, stirring occasionally, until most of the liquid has evaporated. Stir in remaining ingredients except fish. Cook uncovered 6 to 8 minutes or until corn is tender. Cover and remove from heat.

Set oven control to broil. Spray broiler pan rack with nonstick cooking spray. Place fish on rack in broiler pan. Broil with tops about 4 inches from heat about 10 minutes or until fish flakes easily with fork. Serve with vegetables.

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Per serving: 195 Calories (kcal); 3g Total Fat; (13% calories from fat); 26g Protein; 16g Carbohydrate; 36mg Cholesterol; 261mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 20034 0 0 0 20164 2873 0 2130706543 0 2130706543 20030 0 ■  
0 20209 0 705

\* Exported from MasterCook \*

## Halibut-Asparagus Stir-fry

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1		pound fresh asparagus -- cut into 1-inch pieces
		OR
1	(10 ounce)	package frozen asparagus cuts -- thawed and drained
1		pound halibut or other lean fish steaks -- cut into 1-inch pieces
1		medium onion -- thinly sliced
3		cloves garlic -- finely chopped
1		teaspoon finely chopped gingerroot
1		cup sliced mushrooms (3 ounces)
		OR
1	(4 1/2) ounce jar	sliced mushrooms -- drained
2	tablespoons	reduced-sodium soy sauce
1	tablespoon	lemon juice
1		medium tomato -- cut into thin wedges

Spray nonstick wok or 10-inch nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add asparagus; stir-fry 2 minutes. Add fish, onion, garlic and gingerroot; stir-fry 2 to 3 minutes or until fish flakes with fork. Carefully stir in remaining ingredients. Cook until mixture is heated through and fish flakes easily with fork. Serve with additional reduced-sodium soy sauce if desired.

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Per serving: 176 Calories (kcal); 3g Total Fat; (15% calories from fat); 28g Protein; 10g Carbohydrate; 36mg Cholesterol; 507mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; ■ Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2130706543 0 3432 3645 0 0 26086 2130706543 0 2461 4026 0 0

\* Exported from MasterCook \*

### Hamburger Cabbage Casserole

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground beef
1	large	onion -- chopped (1 cup)
1/2	cup	uncooked instant rice
1/2	teaspoon	salt
1/2	teaspoon	pepper
1	(10 3/4 ounce)	can condensed tomato soup
1/4	cup	water
4	cups	coleslaw mix or shredded cabbage

Heat oven to 400°. Cook beef and onion in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in rice, salt, pepper, soup and water.

Place coleslaw mix in ungreased 2-quart casserole. Spoon beef mixture over coleslaw mix. Cover and bake about 45 minutes or until hot and bubbly.

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 T(Bake):  
 "0:45"

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Per serving: 230 Calories (kcal); 11g Total Fat; (42% calories from fat); 16g Protein; 18g Carbohydrate; 47mg Cholesterol; 510mg Sodium  
 Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with mashed potatoes on the side, or spoon beef mixture over mashed potatoes.

Nutr. Assoc. : 9020 0 752 0 0 5301 0 4920

\* Exported from MasterCook \*

### Hearty Bean and Pasta Stew

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Meatless Soups/Stews

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	uncooked pasta shells
1/4	cup	chopped green bell pepper
1	tablespoon	chopped fresh basil
		OR
1	teaspoon	dried basil leaves
1	teaspoon	Worcestershire sauce

- 1 large tomato -- coarsely chopped (1 cup)
- 1 small onion -- chopped (1/4 cup)
- 1 clove garlic -- finely chopped
- 1 (15 ounce) can kidney beans (15 to 16 ounce can) -- drained
- 1 (14 1/2 ounce) can ready-to-serve vegetable or chicken broth
- 1 (8 ounce) can garbanzo beans -- drained

Mix all ingredients in 2-quart saucepan. Heat to boiling, stirring occasionally; reduce heat. Cover and simmer about 15 minutes, stirring occasionally, until pasta is tender.

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Description:

"Running late? For a quick and tasty meal, this stew can be prepared in about 20 minutes."

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Per serving: 192 Calories (kcal); 2g Total Fat; (7% calories from fat); 11g Protein; 34g Carbohydrate; 0mg Cholesterol; 881mg Sodium  
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. # 0 0 0 0 2130706543 0 0 0 0 3815 26438 2603

\* Exported from MasterCook \*

Hearty Bean Patties

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Meatless

Amount Measure Ingredient -- Preparation Method

---

1 (15 ounce) can pinto beans (15 to 16 ounce can) -- rinsed and drained  
 1/2 cup shredded reduced-fat Cheddar cheese (2 ounces)  
 1/4 cup dry bread crumbs  
 2 tablespoons chopped green onions  
 1 teaspoon Worcestershire sauce  
 1/4 teaspoon pepper  
 1/8 teaspoon salt  
 1 egg white  
 4 whole wheat hamburger buns -- split  
 Horseradish Sauce -- (recipe follows)  
 4 slices tomato  
 4 lettuce leaves

#### HORSERADISH SAUCE

1/2 cup plain nonfat yogurt  
 2 teaspoons prepared horseradish

Spray 10-inch nonstick skillet with nonstick cooking spray. Mash beans in medium bowl. Mix in cheese, bread crumbs, green onions, Worcestershire sauce, pepper, salt and egg white. Shape mixture into 4 patties.

Cook patties in skillet over medium heat about 10 minutes, turning once, until light brown. Serve on buns with Horseradish Sauce, tomato and lettuce.

#### HORSERADISH SAUCE:

Mix ingredients.

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Per serving: 276 Calories (kcal); 4g Total Fat; (14% calories from fat); 16g Protein; 44g Carbohydrate; 3mg Cholesterol; 909mg Sodium  
 Food Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; ■ Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 26002 26495 0 2665 0 0 0 0 4161 2130706543 258 810 0 0 0 0

\* Exported from MasterCook \*

### Hearty Multigrain Biscuits

Recipe By :  
 Serving Size : 10 Preparation Time : 0:00  
 Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	shortening
3/4	cup	whole wheat flour
1/2	cup	all-purpose flour
1/2	cup	stone-ground or degerminated cornmeal
3	teaspoons	baking powder
1/2	teaspoon	salt
1/2	cup	quick-cooking or regular oats
3/4	cup	skim milk (about)

Heat oven to 450°. Cut shortening into whole wheat flour, all-purpose flour, cornmeal, baking powder and salt with pastry blender or 2 knives in large bowl until mixture resembles fine crumbs. Stir in oats. Stir in just enough milk so dough leaves side of bowl and forms a ball.

Turn dough onto lightly floured surface; gently roll in flour to coat.  
Knead lightly 10 times. Roll or pat 1/2 inch thick. Cut with 2 1/2-inch  
biscuit cutter. Place about 1 inch apart on ungreased cookie sheet. Brush  
with milk and sprinkle with oats if desired.

Bake 10 to 12 minutes or until golden brown. Immediately remove from  
cookie sheet. Serve hot.

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are expected.

Description:

"You can expect these biscuits (and other breads made with whole  
grains) to be a little lower in volume than traditional biscuits."

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Yield:

"10 Biscuits"

-----

Per serving: 147 Calories (kcal); 6g Total Fat; (34% calories from fat); 4g Protein; 21g Carbohydrate; trace Cholesterol; 263mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 3048 0 0 20223 4938

\* Exported from MasterCook \*

Hearty Seafood Stew

Recipe By :

Serving Size : 7 Preparation Time :0:00

Categories : Seafood

Amount Measure Ingredient -- Preparation Method

---

2 medium carrots -- sliced (about 1 cup)  
 2 medium stalk celery -- sliced (about 1 cup)  
 1 large onion -- chopped (about 1 cup)  
 1 clove garlic -- finely chopped  
 1 (14 1/2 ounce) can no-salt-added stewed tomatoes -- undrained  
 2 cups water  
 2 teaspoons low-sodium beef bouillon granules  
 1 medium potato -- cut into 1/2-inch pieces (about 1 cup)  
 1/2 pound catfish fillets -- cut into 1-inch pieces  
 1/4 pound peeled and deveined raw medium shrimp  
 1 (15 ounce) can great northern beans (15 to 16 ounces) -- rinsed and drained  
 1 small zucchini -- cut lengthwise in half and crosswise into slices (about 1 cup)  
 1 teaspoon chopped fresh thyme leaves  
     OR  
 1/4 teaspoon dried thyme leaves  
     Chopped fresh parsley -- if desired

Spray nonstick Dutch oven with nonstick cooking spray; heat over medium-high heat. Cook carrots, celery, onion and garlic in Dutch oven, stirring frequently, until vegetables are tender. Stir in tomatoes, water, bouillon granules and potato. Heat to boiling; reduce heat. Cover and simmer 20 minutes, stirring occasionally.

Stir in catfish, shrimp, beans, zucchini and thyme. Heat to boiling; reduce heat. Cover and simmer about 10 minutes or until fish flakes easily with fork. Serve topped with parsley.

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Per serving: 170 Calories (kcal); 2g Total Fat, (8% calories from fat); 15g Protein; 25g Carbohydrate; 44mg Cholesterol; 174mg Sodium  
 Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 2495 0 0 0 26427 0 26440 0 264 20127 3564 ■ 3413 0  
 2130706543 0

\* Exported from MasterCook \*

# Herb Popovers

Recipe By :  
 Serving Size : 6 Preparation Time : 0:00  
 Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1		egg
2		egg whites
1	cup	all-purpose flour
1	cup	skim milk
1/2	teaspoon	dried basil leaves
1/4	teaspoon	onion salt

Heat oven to 450°. Spray six 6-ounce custard cups with nonstick cooking spray. Place all ingredients in blender. Cover and blend on medium speed about 15 seconds, stopping blender to scrape sides if necessary, just until smooth. Fill custard cups about half full.

Bake 20 minutes. Reduce oven temperature to 350°. Bake 15 to 20 minutes longer or until deep golden brown. Immediately remove from cups. Serve hot.

---

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 Yield:  
 "6 Popovers"

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Per serving: 107 Calories (kcal); 1g Total Fat; (8% calories from fat); 6g Protein; 18g Carbohydrate; 32mg Cholesterol; 116mg Sodium  
 Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : For variety, try substituting dried dill weed or crumbled rosemary leaves for the basil in this recipe.  
 Nutr. Assoc. : 0 3231 0 0 3091 0

\* Exported from MasterCook \*

### Herbed Pork Steaks

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Grilling Meat  
 Pork

Amount	Measure	Ingredient -- Preparation Method
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---

		Herbed Marinade -- (recipe follows)
1	pound	pork boneless sirloin steaks -- about 3/4 inch thick (4 steaks)



## HERBED MARINADE

- 1/4 cup olive or vegetable oil
- 1 tablespoon chopped fresh oregano leaves
- OR
- 1 teaspoon dried oregano leaves
- 1 teaspoon chopped fresh thyme leaves
- OR
- 1/4 teaspoon dried thyme leaves
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 clove garlic -- finely chopped

Prepare Herbed Marinade in shallow nonmetal dish or heavy-duty plastic bag. Add pork, turning to coat with marinade. Cover dish or seal bag and refrigerate at least 1 hour but no longer than 24 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove pork from marinade; discard marinade. Cover and grill pork 4 to 5 inches from medium heat 14 to 16 minutes, turning once, until slightly pink in center.

## HERBED MARINADE:

Mix all ingredients. Makes about 1/3 cup.

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Per serving: 249 Calories (kcal); 18g Total Fat; (66% calories from fat); 20g Protein; trace Carbohydrate; 50mg Cholesterol; 441mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; ■ Fruit; 2 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #2130706543 2312 0 0 986 26053 0 2130706543 26058 0  
2130706543 0 0 0

\* Exported from MasterCook \*

### Herbed Seafood

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Grilling Seafood

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	fresh or frozen raw large shrimp in shells
1/2	pound	bay or sea scallops
1/2	pound	orange roughy fillets -- cut into 1-inch pieces
2	tablespoons	chopped fresh marjoram leaves
		OR
2	teaspoons	dried marjoram leaves
1/2	teaspoon	grated lemon peel
1/8	teaspoon	white pepper
3	tablespoons	margarine or butter -- melted
2	tablespoons	lemon juice
4	cups	hot cooked pasta
		OR
4	cups	hot cooked rice

Heat coals or gas grill for direct heat. If shrimp, scallops or fish are frozen, do not thaw; rinse in cold water. Peel shrimp. Make a shallow cut lengthwise down back of each shrimp; wash out vein. If using sea scallops,

cut each in half.

Spray 18-inch square piece of heavy-duty aluminum foil with nonstick cooking spray. Arrange shrimp, scallops and fish on foil, placing shrimp on top. Sprinkle with marjoram, lemon peel and pepper. Drizzle with margarine and lemon juice. Bring corners of foil up to center and seal loosely.

Cover and grill foil packet 4 inches from medium heat 8 to 10 minutes or until scallops are white, fish flakes easily with fork and shrimp are pink and firm.

Serve seafood mixture over pasta.

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Per serving: 428 Calories (kcal); 11g Total Fat; (24% calories from fat); 36g Protein; 43g Carbohydrate; 116mg Cholesterol; 313mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; ■ Other Carbohydrates

NOTES : For a special touch, grill the seafood in natural baking shells, which are found at some supermarkets or kitchen specialty stores. Spray each shell with nonstick cooking spray before filling, then enclose each in a 12-inch square of aluminum foil. Cover and grill 5 to 7 minutes.

Nutr. Assoc. : 1372 2161 4308 3382 0 2130706543 20084 0 4098 0 2836 0  
2130706543

\* Exported from MasterCook \*

## Honey Green Beans with Cranberries

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Breads and Sides Vegetables

Amount	Measure	Ingredient	-- Preparation Method
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1 1/2	pounds	green beans	
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1	teaspoon	grated orange peel	
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1/2	cup	dried cranberries	
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2	tablespoons	honey	
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Shredded orange peel -- if desired

Heat beans and orange peel in 1 inch water to boiling in 2-quart saucepan.

Boil uncovered 5 minutes; reduce heat. Cover and simmer 10 to 15 minutes

or until beans are crisp-tender; drain. Toss beans, cranberries and honey.

Garnish with orange peel.

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approved Betty Crocker® Recipe.

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Per serving: 80 Calories (kcal); trace Total Fat; (1% calories from fat); 3g Protein; 20g Carbohydrate; 0mg Cholesterol; 9mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. #3568 0 26507 0 2130706543

\* Exported from MasterCook \*

## Honey Mustard Pork Chops

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Grilling Meat  
Pork

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	honey
2	tablespoons	Dijon mustard
1	tablespoon	orange juice
1	teaspoon	chopped fresh tarragon
		OR
1/4	teaspoon	dried tarragon leaves
1	teaspoon	cider vinegar
1/2	teaspoon	white wine
		Worcestershire sauce
		Dash onion powder
1	pound	pork boneless loin chops (4 chops) -- 1 inch thick

Heat coals or gas grill. Mix all ingredients except pork. Cover and grill pork 4 to 6 inches from medium heat 14 to 16 minutes, brushing occasionally with honey mixture and turning once, until pork is slightly pink when centers of thickest pieces are cut. Discard any remaining honey mixture.

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Per serving: 248 Calories (kcal); 11g Total Fat; (41% calories from fat); 18g Protein; 18g Carbohydrate; 56mg Cholesterol; 139mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates

NOTES : The sweet honey glaze on these chops browns easily, so watch the chops carefully, and make sure the coals aren't too hot.

Nutr. Assoc. : 0 0 0 0 0 2130706543 0 0 0 0 4563

\* Exported from MasterCook \*

### Honey Raisin Wheat Bread

Recipe By :  
Serving Size : 24 Preparation Time :0:00  
Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
3/4	cup	cooked cracked wheat
1 1/4	cups	skim milk
1/2	cup	honey
1/4	cup	vegetable oil
1	teaspoon	vanilla
1		egg
2 3/4	cups	whole wheat flour
3	teaspoons	baking powder
1/2	teaspoon	salt

3/4 cup raisins

Heat oven to 350°. Spray bottom only of 1 loaf pan, 9 × 5 × 3 inches, or 2 loaf pans, 8 1/2 × 4 1/2 × 2 1/2 inches, with nonstick cooking spray. Mix cracked wheat, milk, honey, oil, vanilla and egg in large bowl. Stir in flour, baking powder and salt. Stir in raisins. Pour into pan.

Bake 9-inch loaf 55 to 60 minutes, 8-inch loaves 40 to 45 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan. Cool completely on wire rack before slicing. Store tightly wrapped in refrigerator up to 1 week.

1 loaf (24 slices) or 2 loaves (12 slices each)

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Yield:  
"2 Loaves"

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Per serving: 123 Calories (kcal); 3g Total Fat; (21% calories from fat); 4g Protein; 22g Carbohydrate; 8mg Cholesterol; 116mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 2990 0 0 0 0 0 0 0 0 4680

\* Exported from MasterCook \*

## Honey-Glazed Chicken

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Grilling Poultry

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	honey
2	tablespoons	reduced-sodium chicken broth
2	tablespoons	mustard
1/2	teaspoon	grated lemon peel
2	tablespoons	lemon juice
1/4	teaspoon	salt
3	pounds	cut-up broiler-fryer chicken -- skin removed (3 to 3 1/2 pounds)

Heat coals or gas grill. Mix all ingredients except chicken. Cover and grill chicken, bone sides down, 5 to 6 inches from medium heat 15 to 30 minutes. Turn chicken. Cover and grill 20 to 40 minutes longer, turning and brushing 2 or 3 times with honey mixture, until juice of chicken is no longer pink when centers of thickest pieces are cut. Discard any remaining honey mixture.

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Per serving: 253 Calories (kcal); 7g Total Fat; (25% calories from fat); 24g Protein; 24g Carbohydrate; 69mg Cholesterol; 249mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; ■ Fruit; ■ Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. # 0 4017 0 20084 0 0 5829

\* Exported from MasterCook \*

### Honey-Glazed Turkey with Roasted Pineapple

Recipe By :

Serving Size : 16 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
4 1/2	pounds	turkey breast (4 1/2 to 5 pounds)
1		pineapple
1/2	cup	dry white wine
		OR
1/2	cup	apple juice
2	tablespoons	honey
2	tablespoons	soy sauce
1	teaspoon	finely chopped gingerroot
		OR
1/2	teaspoon	ground ginger
1	large clove	garlic -- finely chopped
2	teaspoons	cornstarch
2	tablespoons	cold water

Heat oven to 325°. Place turkey breast, skin side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of meat and does not touch bone. Roast uncovered 1 hour.

Peel pineapple. Cut lengthwise into 16 wedges; remove core. Cut each wedge in half crosswise to make 32 wedges. Mix wine, honey, soy sauce,

gingerroot and garlic. Arrange pineapple on rack around turkey. Brush turkey and pineapple with wine mixture. Roast uncovered about 1 hour, brushing turkey and pineapple frequently with wine mixture, until thermometer reads 170° and juice is no longer pink when center is cut. Remove turkey and pineapple; keep warm.

Pour drippings into measuring cup; skim off any excess fat. Add enough water to drippings to measure 1 cup. Heat drippings to boiling in 1-quart saucepan. Mix cornstarch and cold water; stir into drippings. Boil and stir 1 minute. Serve with turkey.

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Per serving: 209 Calories (kcal); 8g Total Fat; (36% calories from fat); 25g Protein; 7g Carbohydrate; 75mg Cholesterol; 197mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. #5335 0 2130706543 0 0 0 0 26086 0 2130706543 0 0 0

\* Exported from MasterCook \*

### Honey-Lime Fruit Salad

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Breads and Sides                      Salads

Amount	Measure	Ingredient -- Preparation Method
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1/4	cup	honey
1/4	cup	frozen (thawed) limeade concentrate
4	teaspoons	poppy seed -- if desired
4	cups	cut-up fresh fruit
1/2	cup	slivered almonds -- toasted

Mix honey, limeade concentrate and poppy seed in medium bowl. Carefully toss fruit and honey mixture. Sprinkle with almonds.

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Per serving: 130 Calories (kcal); 5g Total Fat; (31% calories from fat); 2g Protein; 22g Carbohydrate; 0mg Cholesterol; 3mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates

Serving Ideas : Enjoy this refreshing salad with a variety of fresh fruit-kiwifruit, strawberries, pineapple, mangoes and papayas.

Nutr. Assoc. : 0 826 2130706543 4354 0

\* Exported from MasterCook \*

Honey-Thyme Grilled Shrimp

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Grilling Seafood

Amount Measure Ingredient -- Preparation Method

Roasted Garlic Marinade -- (recipe follows)

2 pounds fresh or frozen raw large shrimp in shells  
 1 medium red bell pepper -- cut into 1-inch pieces and blanched  
 1 medium yellow bell pepper -- cut into 1-inch pieces and blanched  
 1 medium red onion -- cut into fourths and separated into chunks

ROASTED GARLIC MARINADE

1 medium bulb garlic  
 1/3 cup olive or vegetable oil  
 2/3 cup orange juice  
 1/4 cup spicy honey mustard  
 3 tablespoons honey  
 3/4 teaspoon dried thyme leaves -- crushed

Prepare Roasted Garlic Marinade. Peel shrimp. (If shrimp are frozen, do not thaw; peel in cold water.) Make ■ shallow cut lengthwise down back of each shrimp; wash out vein.

Pour 1/2 cup of the marinade into small resealable plastic bag; seal bag and refrigerate until serving. Pour remaining marinade into heavy-duty resealable plastic bag. Add shrimp, bell peppers and onion, turning to coat with marinade. Seal bag and refrigerate at least 2 hours but no longer than 24 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove shrimp and vegetables from marinade; drain well. Discard marinade. Thread shrimp and vegetables alternately on each of six 15-inch metal skewers, leaving space between each. Grill kabobs uncovered 4 to 6 inches from hot heat 7 to 10 minutes, turning once, until shrimp are pink and firm.

Place kabobs on serving tray. Cut ■ tiny corner from small plastic bag of reserve marinade, using scissors. Drizzle marinade over shrimp and

vegetables.

#### ROASTED GARLIC MARINADE:

Heat oven to 375°F. Cut one-third off top of unpeeled garlic bulb, exposing cloves. Place garlic in small baking dish; drizzle with oil. Cover tightly and bake 45 minutes; cool. Squeeze garlic pulp from papery skin. Place garlic and remaining ingredients in blender. Cover and blend on high speed until smooth.

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#### Description:

"These shrimp swim in a sophisticated marinade, then leap on the grill as a no-fuss kabob. This champion comes from the Marvelous Marinade Recipe Contest, sponsored by Zip-Loc® Bags, Dow Brands."

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Per serving: 342 Calories (kcal); 16g Total Fat; (40% calories from fat); 32g Protein; 19g Carbohydrate; 230mg Cholesterol; 363mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. #2130706543 1372 0 0 0 0 0 0 986 0 20015 0 3159

\* Exported from MasterCook \*

## Hot and Peppery Cocktail Shrimp

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	peeled and deveined raw medium shrimp (about 65)
1/4	cup	chopped green onions (2 to 3 medium)
1/4	cup	lime juice
1	tablespoon	reduced-sodium soy sauce
2	teaspoons	grated lime peel
1/4	teaspoon	pepper
1/8	teaspoon	crushed red pepper
2	cloves	garlic -- finely chopped
2	teaspoons	sesame oil

Mix all ingredients except oil in large glass or plastic bowl. Cover and refrigerate 4 hours. Heat oven to 400°. Spray rectangular pan, 13 x 9 x 2 inches, with nonstick cooking spray. Arrange shrimp in single layer in pan. Bake 10 to 12 minutes or until shrimp are pink. Drizzle with oil. Serve hot with toothpicks.

12 servings (about 5 shrimp each)

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Per serving: 54 Calories (kcal); 1g Total Fat; (20% calories from fat); 10g Protein; 1g Carbohydrate; 87mg Cholesterol; 150mg Sodium  
Food Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; ■ Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26456 2665 0 4026 20217 0 0 0 0

\* Exported from MasterCook \*

### Hot and Spicy Popcorn

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
1	(3 ounce) bag	fat-free microwave popcorn -- popped (12 cups)
1	cup	fat-free pretzel sticks
1	tablespoon	reduced-fat margarine -- melted
1/4	teaspoon	paprika
1/8	teaspoon	garlic powder
1/8	teaspoon	ground red pepper (cayenne)

Mix popcorn and pretzels in large bowl. Mix remaining ingredients. Drizzle over popcorn and pretzels; toss until evenly coated.

6 servings (about 2 cups each)

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Per serving: 80 Calories (kcal); 2g Total Fat; (17% calories from fat); 2g Protein; 16g Carbohydrate; 0mg Cholesterol; 268mg Sodium  
 Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1488 924 3931 0 0 2514

\* Exported from MasterCook \*

# Hot Chicken Salad with Plum Sauce

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Poultry Salads

Amount	Measure	Ingredient -- Preparation Method
2	teaspoons	olive or vegetable oil
4		skinless boneless chicken breast halves (about 1 pound)
1	(16 ounce) can	purple plums in juice -- rinsed, drained and pitted
1	tablespoon	lemon juice
2	teaspoons	packed brown sugar
1/4	teaspoon	ground ginger
1/8	teaspoon	crushed red pepper
1		clove garlic
4	cups	shredded Chinese cabbage
1	cup	bean sprouts (about 2 ounces)
1	tablespoon	thinly sliced green onion with top (about 1/2 medium)



Heat oil in 10-inch nonstick skillet over medium heat. Cook chicken breast halves, turning once, about 10 minutes or until done. Place remaining ingredients except cabbage, bean sprouts and green onion in blender or food processor. Cover and blend on high speed or process about 30 seconds or until smooth. Heat sauce if desired. Arrange cabbage, bean sprouts and green onion on 4 serving plates. Top with chicken. Spoon plum sauce over chicken.

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Per serving: 222 Calories (kcal); 4g Total Fat; (15% calories from fat); 30g Protein; 18g Carbohydrate; 68mg Cholesterol; 126mg Sodium  
 Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 986 2313 4530 0 0 0 0 0 2616 96 20030

\* Exported from MasterCook \*

### Impossible Vegetable Pie

Recipe By :  
 Serving Size : 6 Preparation Time : 0:00  
 Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

- 2 cups chopped fresh broccoli or sliced fresh cauliflowerets\*
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 1 cup shredded Cheddar cheese (4 ounces)
- 1 1/2 cups milk
- 3 eggs
- 3/4 cup Bisquick® Original baking mix
- 1 teaspoon salt
- 1/4 teaspoon pepper

Heat oven to 400°. Grease glass pie plate, 10 × 1 1/2 inches. Heat 1 inch salted water (1/2 teaspoon salt to 1 cup water) to boiling; add broccoli. Cover and heat to boiling. Cook about 5 minutes or until almost tender, drain thoroughly.

Mix broccoli, onion, bell pepper and cheese in pie plate. Stir remaining ingredients with fork until blended. Pour into pie plate. Bake 35 to 40 minutes or until knife inserted between center and edge comes out clean. Cool 5 minutes.

Impossible Spinach Pie: Substitute 1 package (10 ounces) frozen spinach, thawed and drained, for the broccoli. Do not cook. Omit bell pepper. Substitute Swiss cheese for the Cheddar cheese. Add 1/4 teaspoon ground nutmeg. Continue ■ directed-except bake about 30 minutes.

6 to 8 servings

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Per serving: 221 Calories (kcal); 13g Total Fat; (50% calories from fat); 11g Protein; 16g Carbohydrate; 122mg Cholesterol; 712mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; ■ Other Carbohydrates

NOTES : \*One package (10 ounces) frozen chopped broccoli or cauliflower,  
thawed and drained, can be substituted for the fresh broccoli or  
cauliflower. Do not cook.

Nutr. Assoc. : 206 0 20088 4922 0 3218 2250 0 0

\* Exported from MasterCook \*

### Indian Beef with Cucumber Rice

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	lean beef boneless chuck roast
1 1/4	cups	plain nonfat yogurt
1	teaspoon	cardamom seeds (removed from pods) -- crushed
1/4	teaspoon	ground cloves
1/8	teaspoon	ground nutmeg
1	tablespoon	reduced-fat margarine
2	cups	chopped onions (about 2 large)
1	tablespoon	grated gingerroot
2	cloves	garlic -- finely chopped
3/4	teaspoon	coriander seed -- crushed
1/2	teaspoon	cumin seed
1/4	teaspoon	ground turmeric
3/4	teaspoon	salt
		Cucumber Rice -- (recipe follows)
1/4	cup	cold water
1	tablespoon	cornstarch
1	tablespoon	all-purpose flour
		Chopped fresh cilantro

## CUCUMBER RICE

- 2 cups hot cooked rice
- 1 cup chopped seeded cucumber (about 1 medium)
- 2 tablespoons lemon juice

Trim fat from beef roast; cut beef into 1-inch cubes. Mix 1 cup of the yogurt, the cardamom, cloves and nutmeg in glass or plastic bowl or heavy plastic bag; stir in beef. Cover and refrigerate at least 4 hours.

Heat margarine in 10-inch nonstick skillet over medium heat until melted. Cook and stir onions, gingerroot and garlic about 2 minutes. Stir in beef mixture, coriander, cumin, turmeric and salt. Heat to boiling; reduce heat. Cover and cook, stirring occasionally, until meat is tender, about 1 1/2 hours.

Prepare Cucumber Rice. Shake water, cornstarch and flour in tightly covered container; gradually stir into beef mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve beef mixture over Cucumber Rice; drizzle with remaining 1/4 cup yogurt and sprinkle with cilantro.

## CUCUMBER RICE:

Mix all ingredients; heat if necessary.

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## Description:

"Here are many of the classic flavors of far-away India: cardamom, cloves, nutmeg, ginger, coriander, cumin and turmeric. The Indians love their cooling raita, yogurt with cucumber. We've stirred crunchy

cucumber right into the rice."

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Per serving: 323 Calories (kcal); 10g Total Fat; (26% calories from fat); 31g Protein; 30g Carbohydrate; 97mg Cholesterol; 402mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1660 0 253 3615 0 3931 2679 0 0 0 0 0 2130706543 0 0 0 ■  
0 0 0 3010 0

\* Exported from MasterCook \*

### Indian Lentils and Rice

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Meatless

Amount Measure Ingredient -- Preparation Method

-----  
8 medium green onions -- chopped (1/2 cup)  
1 tablespoon finely chopped gingerroot  
1/8 teaspoon crushed red pepper  
2 cloves garlic -- finely chopped  
5 1/4 cups vegetable broth\*  
1 1/2 cups dried lentils -- sorted and rinsed  
1 teaspoon ground turmeric  
1/2 teaspoon salt  
1 large tomato -- chopped (1 cup)  
1/4 cup shredded coconut  
2 tablespoons chopped fresh mint  
OR  
2 teaspoons dried mint leaves  
3 cups hot cooked rice  
1 1/2 cups plain nonfat yogurt

Spray 3-quart saucepan with nonstick cooking spray. Cook green onions, gingerroot, red pepper and garlic in saucepan over medium heat 3 to 5 minutes, stirring occasionally, until onions are tender. Stir in 5 cups of the broth, the lentils, turmeric and salt. Heat to boiling; reduce heat.

Cover and simmer about 25 to 30 minutes, adding remaining stock if needed, until lentils are tender. Stir in tomato, coconut and mint. Serve over rice with yogurt.

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Per serving: 358 Calories (kcal); 3g Total Fat; (7% calories from fat); 20g Protein; 64g Carbohydrate; 1mg Cholesterol; 1109mg Sodium  
Food Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : \*5 1/4 cups water and 2 tablespoons vegetable bouillon granules  
can be substituted for the vegetable broth.

Nutr. Assoc. : 26402 26051 0 0 5846 0 0 0 0 4923 0 0 2130706543 0 0

\* Exported from MasterCook \*

Irish Soda Bread

Recipe By :  
Serving Size : 16 Preparation Time :0:00  
Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
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3	tablespoons	margarine -- softened
2 1/2	cups	all-purpose flour
2	tablespoons	sugar
1	teaspoon	baking soda
1	teaspoon	baking powder
1/2	teaspoon	salt
1/3	cup	raisins -- if desired
3/4	cup	nonfat buttermilk

Heat oven to 375°. Grease cookie sheet. Cut margarine into flour, sugar, baking soda, baking powder and salt with pastry blender or 2 knives until mixture resembles fine crumbs. Stir in raisins and enough buttermilk to make a soft dough.

Turn dough onto lightly floured surface. Knead 1 to 2 minutes or until smooth. Shape into round loaf, about 6 1/2 inches in diameter. Place on cookie sheet. Cut an X about one-fourth of the way through loaf with floured knife.

Bake 35 to 45 minutes or until golden brown. Brush with margarine if desired. Remove from cookie sheet; cool on wire rack.

1 loaf (16 slices)

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Description:

"There are many variations of this traditional Irish bread, but it is nearly always identified by the cross on top of the loaf."

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Yield:

"1 Loaf"

-----

Per serving: 110 Calories (kcal); 2g Total Fat; (19% calories from fat); 3g Protein; 19g Carbohydrate; trace Cholesterol; 214mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 652 0 0 0 0 0

\* Exported from MasterCook \*

### Irish Yogurt Bread

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1 3/4	cups	all-purpose flour
1/2	cup	currants or raisins
1 1/2	teaspoons	baking powder
1/4	teaspoon	baking soda
1/4	teaspoon	salt
1	cup	lemon, orange or plain low-fat yogurt
2	tablespoons	vegetable oil

Heat oven to 375°. Spray round pan, 9 × 1 1/2 inches, with nonstick cooking spray. Mix flour, currants, baking powder, baking soda and salt in medium bowl. Mix yogurt and oil; stir into flour mixture just until flour is moistened. Spread dough in pan.

Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Serve warm or cool.



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Per serving: 174 Calories (kcal); 4g Total Fat; (21% calories from fat); 5g Protein; 30g Carbohydrate; 2mg Cholesterol; 219mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 3024 0 0 0 4061 0

\* Exported from MasterCook \*

### Italian Baked Bluefish

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1	pound	bluefish or other medium-fat fish fillets
1/4	cup	dry red wine
2	tablespoons	chopped ripe olives
1	tablespoon	capers
4		anchovy fillets -- drained and finely chopped
2	cloves	garlic -- crushed
1	(28 ounce) can	Italian plum tomatoes -- drained and chopped

Heat oven to 350°. Cut fish fillets into 4 serving pieces. Place in ungreased square baking dish, 8 × 8 × 2 inches. Mix remaining ingredients;

pour over fish. Bake uncovered about 40 minutes or until fish flakes easily with fork.

Microwave Directions: Decrease wine to 2 tablespoons. Cut fish fillets into 4 serving pieces. Arrange fish, thickest parts to outside edges, in square microwavable dish, 8 x 8 x 2 inches. Mix remaining ingredients; pour over fish. Cover loosely and microwave on High 9 to 11 minutes, rotating dish 1/4 turn every 4 minutes, until fish flakes easily with fork.

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Per serving: 206 Calories (kcal); 6g Total Fat; (27% calories from fat); 26g Protein; 10g Carbohydrate; 70mg Cholesterol; 581mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

NOTES : The blue-red flesh of bluefish lightens with cooking. For a less "fishy" flavor, remove the dark fatty stripe down the side of the fillet. Halibut or ocean perch can be substituted in this recipe with fine results.

Nutr. Assoc. : 2294 0 2678 2478 26004 0 2470

\* Exported from MasterCook \*

Italian Chicken Skillet

Recipe By :

Serving Size : 4    Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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1	tablespoon	olive or vegetable oil
4		skinless boneless chicken breast halves (about 1 pound)
2	cloves	garlic -- finely chopped
2	large	bell peppers -- cut into 1-inch pieces
1	medium	onion -- thinly sliced
2	medium	zucchini -- sliced
1/4	cup	sliced pepperoni (about 1 ounce) -- (1/4-inch strips)
1/4	cup	chicken broth
		OR
1/4	cup	dry red wine (or nonalcoholic)
1 1/2	teaspoons	chopped fresh thyme leaves
		OR
1/4	teaspoon	dried thyme leaves
1 1/2	teaspoons	chopped fresh rosemary leaves
		OR
1/4	teaspoon	dried rosemary leaves
1/4	teaspoon	salt
1/8	teaspoon	pepper
4	cups	hot cooked vermicelli, fettuccine or linguine
1	tablespoon	grated Parmesan cheese

Heat oil in 10-inch nonstick skillet over medium-high heat. Add chicken and garlic. Cook 15 to 20 minutes, turning once, until juice of chicken is no longer pink when centers of thickest pieces are cut. Remove chicken mixture from skillet; keep warm. Heat remaining ingredients except vermicelli and cheese to boiling in same skillet. Cook and stir 3 to 4 minutes or until vegetables are crisp-tender. Stir in vermicelli; cook until hot. Serve chicken over vermicelli mixture. Sprinkle with cheese.

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Per serving: 482 Calories (kcal); 13g Total Fat; (24% calories from fat); 40g Protein; 50g Carbohydrate; 81mg Cholesterol; 589mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 1 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 986 2313 0 2236 0 0 4981 0 4440 2130706543 3413 3177  
2130706543 3399 3159 2130706543 0 1091 2836 0

\* Exported from MasterCook \*

### Italian Chicken Stir-fry

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1	pound	skinless boneless chicken breasts
1	tablespoon	olive or vegetable oil
1/4	cup	1/4-inch strips thinly sliced pepperoni (about 1 ounce)
2	cloves	garlic -- finely chopped
2	large	bell peppers -- cut into 1-inch pieces
1	medium	onion -- thinly sliced
2	cups	zucchini (about 2 medium) -- (1/4-inch slices)
1/4	cup	dry red wine
1	teaspoon	chopped fresh thyme leaves
		OR
1/2	teaspoon	dried thyme leaves

- 1      teaspoon chopped fresh rosemary leaves
- OR
- 1/2    teaspoon dried rosemary leaves
- 1/4    teaspoon salt
- 1/8    teaspoon pepper
- 1      tablespoon grated Parmesan cheese

Remove excess fat from chicken; cut chicken into 2-inch pieces. Heat oil in 10-inch nonstick skillet or wok over medium-high heat. Add chicken, pepperoni and garlic; stir-fry until chicken is almost done, 3 to 4 minutes. Remove chicken mixture from skillet; keep warm. Heat remaining ingredients except cheese to boiling in skillet; stir-fry until vegetables are crisp-tender, 3 to 4 minutes. Stir in chicken; heat through. Sprinkle with cheese.

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Per serving: 283 Calories (kcal); 12g Total Fat; (39% calories from fat); 32g Protein; 9g Carbohydrate; 78mg Cholesterol; 546mg Sodium  
 Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; ■ Other Carbohydrates

NOTES : Pepperoni cut into strips rather than left in slices makes that  
 marvelous flavor go further.

Nutr. Assoc. : 2314 986 4981 0 2236 0 5663 0 2130706543 0 1492 2130706543  
 0 3152 0 0 0

\* Exported from MasterCook \*

## Italian Flank Steak

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Beef Grilling  
Meat

Amount Measure Ingredient -- Preparation Method

2	pounds	beef flank or round steak -- 1/2 inch thick
1	tablespoon	chopped fresh oregano leaves
	OR	
1	teaspoon	dried oregano leaves
3	tablespoons	olive or vegetable oil
2	tablespoons	white vinegar
	OR	
2	tablespoons	lemon juice
1	teaspoon	salt
2	cloves	garlic -- finely chopped
1	(8 ounce)	can tomato sauce

Make cuts about 1/2 inch apart and 1/8 inch deep in diamond pattern on both sides of beef. Mix remaining ingredients except tomato sauce in shallow nonmetal dish or heavy-duty resealable plastic bag. Add beef, turning to coat with marinade. Cover dish or seal bag and refrigerate at least 1 hour but no longer than 24 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Open can of tomato sauce and place at edge of grill to warm. Grill beef uncovered 4 inches from medium heat about 10 minutes for medium doneness (160°F), brushing frequently with tomato sauce and turning once.

Heat any remaining tomato sauce to boiling; boil and stir 1 minute. Cut beef diagonally across grain into thin slices. Serve beef with remaining tomato sauce.

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Per serving: 282 Calories (kcal); 14g Total Fat; (46% calories from fat); 34g Protein; 3g Carbohydrate; 88mg Cholesterol; 670mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; ■ Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Open food cans can be heated directly on the grill. If they have paper labels, be sure to remove them before placing the can on the grill.

Nutr. Assoc. : 2228 26053 0 2130706543 986 0 0 2130706543 ■ 0 0

\* Exported from MasterCook \*

### Jamaican Jerk Chicken

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	chopped fresh thyme leaves
		OR
2	teaspoons	dried thyme leaves
1/2	teaspoon	crushed red pepper
1/2	teaspoon	salt

1/4 teaspoon ground allspice  
 4 skinless boneless chicken breast halves  
 (about 1 pound)  
 1 cup sliced papaya  
 1 cup sliced mango  
 1 medium red onion -- sliced  
 1 medium yellow bell pepper -- cut into 1/4-inch strips

Heat oven to 375°. Mix thyme, red pepper, salt and allspice. Rub chicken breast halves with thyme mixture. Place chicken in greased rectangular pan, 13 x 9 x 2 inches. Cover and bake 30 minutes. Turn chicken; arrange remaining ingredients around chicken in pan. Bake uncovered 20 to 30 minutes longer or until juice is no longer pink when centers of thickest pieces are cut.

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Per serving: 196 Calories (kcal); 2g Total Fat; (8% calories from fat); 28g Protein; 16g Carbohydrate; 68mg Cholesterol; 347mg Sodium  
 Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : The tradition of "jerking" meat is unique to Jamaica. Originally, the hot spicy seasonings were applied to wild boar to make it more edible. The tradition was then extended to meat and chicken. This recipe is spicy, hot and very colorful with its papaya, mango, red onion and yellow pepper.

Nutr. Assoc. : 2130706543 0 1492 0 0 0 2313 4354 4088 0 0



\* Exported from MasterCook \*

## Jamaican Jerk Chicken Salad

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Grilling Poultry  
Salads

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	chopped fresh thyme leaves
		OR
2	teaspoons	dried thyme leaves
1/2	teaspoon	crushed red pepper
1/4	teaspoon	salt
1/4	teaspoon	ground allspice
4		skinless boneless chicken breast halves (about 1 pound)
2	medium	red onions -- cut into 1/2-inch slices
2	medium	bell peppers -- each cut into 8 pieces
6	cups	bite-size pieces mixed salad greens
		OR
1	head	romaine lettuce -- torn into bite-size pieces
1/3	cup	fat-free Caesar dressing
		OR
1/3	cup	fat-free Italian dressing
1		papaya -- peeled, seeded and cubed

Heat coals or gas grill. Mix thyme, red pepper, salt and allspice; rub on chicken with the back of a spoon. Cover and grill chicken 5 to 6 inches from medium heat 15 to 20 minutes, turning once, until juice of chicken is no longer pink when centers of thickest pieces are cut. After 5 minutes, add onions and bell peppers; grill, turning 2 or 3 times, until crisp-tender.

Cut chicken into 1/2-inch slices. Toss salad greens and dressing.

Carefully toss salad mixture with grilled vegetables and papaya. Serve salad mixture with chicken.

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Per serving: 230 Calories (kcal); 2g Total Fat; (7% calories from fat); 31g Protein; 23g Carbohydrate; 68mg Cholesterol; 518mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26058 0 2130706543 0 0 0 2313 4712 2236 4165 0 2130706543  
2130706543 0 4236 0

\* Exported from MasterCook \*

### Jicama-Spinach Salad with Lime-Yogurt Dressing

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Breads and Sides      Salads

Amount	Measure	Ingredient -- Preparation Method
		Lime-Yogurt Dressing -- (recipe follows)
2	cups	shredded spinach
1	cup	finely chopped jicama
2	medium	carrots -- chopped (1 cup)
1	small	red bell pepper -- chopped (1/2 cup)
1/2	medium	red onion -- finely chopped (1/2 cup)

2 cups shredded lettuce

#### LIME-YOGURT DRESSING

3/4 cup plain nonfat yogurt  
3 tablespoons chopped fresh parsley  
2 tablespoons lime juice  
2 tablespoons red wine vinegar  
1/2 teaspoon grated lime peel  
1/2 teaspoon salt  
1/4 teaspoon pepper

Prepare Lime-Yogurt Dressing in large glass or plastic bowl. Add remaining ingredients except lettuce; toss. Cover and refrigerate about 2 hours or until chilled. Serve on lettuce.

#### LIME-YOGURT DRESSING:

Mix all ingredients with fork or wire whisk.

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Per serving: 53 Calories (kcal); trace Total Fat; (4% calories from fat); 3g Protein; 11g Carbohydrate; 1mg Cholesterol; 220mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Serving Ideas : The Lime-Yogurt Dressing is delightful on any tossed green salad. Try it on a salad of spinach, mandarin orange segments and slivered almonds.

Nutr. Assoc. x2130706543 1423 3794 2495 0 0 0 0 0 0 0 0 20217 0 0

\* Exported from MasterCook \*

### Jungle Fun Toss

Recipe By :

Serving Size : 20 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
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6	cups	frosted Cheerios®
1 1/2	cups	animal crackers
1 1/2	cups	small pretzel twists
1 1/2	cups	cheese-flavored snack crackers
1/2	(9 ounce) package	chewy fruit snack

Mix all ingredients. Store in airtight container.

20 servings (about 1/2 cup each)

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Per serving: 119 Calories (kcal); 2g Total Fat; (19% calories from fat); 2g Protein; 22g Carbohydrate; 0mg Cholesterol; 190mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. #868 5896 923 5695 1214

\* Exported from MasterCook \*

### Korean Barbecued Beef

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1	pound	beef boneless top loin or sirloin steak
1/4	cup	soy sauce
3	tablespoons	sugar
2	tablespoons	sesame or vegetable oil
1/4	teaspoon	pepper
3		green onions -- finely chopped
2	cloves	garlic -- chopped

Trim fat from beef steak. Cut beef diagonally across grain into 1/8-inch slices. (Beef is easier to cut if partially frozen, about 1 1/2 hours.) Mix remaining ingredients in medium glass or plastic bowl. Stir in beef until well coated. Cover and refrigerate 30 minutes. Drain beef. Heat wok or 10-inch skillet over medium heat until hot. Add beef; stir-fry 2 to 3 minutes or until brown. Serve beef with hot cooked rice if desired.

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Description:

"This is probably the most popular Korean meat dish. The meat is tenderized by a soy sauce and sesame oil marinade."

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Per serving: 269 Calories (kcal); 12g Total Fat; (41% calories from fat); 26g Protein; 12g Carbohydrate; 66mg Cholesterol; 1096mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 2228 0 0 1356 0 3585 0

\* Exported from MasterCook \*

# Layered Black Bean Dip

Recipe By :

Serving Size : 12 Preparation Time : 0:00

Categories : Appetizers Dips, Spreads & Salsas

Amount	Measure	Ingredient -- Preparation Method
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1	(15 ounce) can	black beans -- rinsed and drained
1	(4 ounce) can	chopped ripe olives -- drained
1	small	onion -- finely chopped (1/4 cup)
1	clove	garlic -- finely chopped
2	tablespoons	vegetable oil
2	tablespoons	lime juice
1/4	teaspoon	salt
1/4	teaspoon	crushed red pepper
1/4	teaspoon	ground cumin

- 1/8    teaspoon pepper
- 1     (8 ounce) package cream cheese -- softened
- 2     hard-cooked eggs -- chopped
- 1/4    cup finely chopped red bell pepper
- 1     medium green onion -- sliced (2 tablespoons)
- Tortilla chips -- if desired

Mix beans, olives, chopped onion, garlic, oil, lime juice, salt, crushed red pepper, cumin, and pepper in glass or plastic bowl. Cover and refrigerate 1 to 2 hours to blend flavors.

Spread cream cheese on serving plate. Spoon bean mixture evenly over cream cheese. Arrange eggs on bean mixture in ring around edge of plate. Sprinkle bell pepper and green onion over bean mixture. Serve with tortilla chips.

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Per serving: 146 Calories (kcal); 11g Total Fat; (67% calories from fat); 5g Protein; 7g Carbohydrate; 56mg Cholesterol; 303mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #:578 2678 0 0 0 0 0 0 0 0 3236 20164 ■ 2130706543

\* Exported from MasterCook \*

## Layered Eggplant Parmigiana

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Meatless

Amount Measure Ingredient -- Preparation Method

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2 cups water  
 1 cup uncooked bulgur  
 3/4 cup cholesterol-free egg product  
 OR  
 3 eggs  
 3/4 cup Italian-style dry bread crumbs  
 1/4 cup chopped fresh parsley  
 1/4 cup grated Parmesan cheese  
 1 tablespoon chopped fresh basil  
 OR  
 1 teaspoon dried basil leaves  
 1 tablespoon olive or vegetable oil  
 1 small eggplant (about 1 pound) -- thinly sliced  
 1 (8 ounce) can tomato sauce  
 1/2 cup shredded part-skim Mozzarella cheese (2 ounces)

Heat water to boiling in 2-quart saucepan; remove from heat and stir in bulgur. Let stand uncovered 30 to 60 minutes or until liquid is absorbed. Mix bulgur, egg product, bread crumbs, parsley, Parmesan cheese and basil.

Heat oil in 10-inch skillet over low heat. Place half of the eggplant slices in skillet; top with bulgur mixture. Arrange remaining eggplant slices over bulgur; top with tomato sauce. Cover and cook 30 to 35 minutes or until eggplant is tender. Sprinkle with Mozzarella cheese.

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Per serving: 239 Calories (kcal); 6g Total Fat; (22% calories from fat); 12g Protein; 36g Carbohydrate; 8mg Cholesterol; 509mg Sodium  
 Food Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 218 3220 0 2130706543 3166 0 0 0 0 2130706543 986 26407 ■  
 921

\* Exported from MasterCook \*

### Layered Mixed Vegetable Salad

Recipe By :  
 Serving Size : 16 Preparation Time :0:00  
 Categories : Breads and Sides                      Salads

Amount	Measure	Ingredient -- Preparation Method
8	cups	bite-size pieces mixed salad greens
1		small red onion -- thinly sliced and separated into rings
2	medium stalk	celery -- sliced (1 cup)
2	small	zucchini -- thinly sliced (3 cups)
1	cup	shredded Cheddar cheese (4 ounces)
1 1/2	cups	frozen green peas -- thawed and drained
2	cups	cherry tomatoes -- cut in half
1	cup	reduced-fat mayonnaise or salad dressing
1	tablespoon	mustard
1/2	teaspoon	prepared horseradish
		Cherry tomatoes, parsley, watercress for garnish --if desired

Place about half of the salad greens in large glass bowl. Layer with onion, celery, zucchini, cheese, peas, remaining salad greens and the tomatoes. Mix mayonnaise or salad dressing, mustard and horseradish; spread over tomatoes, spreading to edge of bowl.

Cover and refrigerate at least 8 hours but no longer than 24 hours. Garnish with additional cherry tomatoes and parsley or watercress.

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Per serving: 97 Calories (kcal); 7g Total Fat; (59% calories from fat); 3g Protein; 7g Carbohydrate; 12mg Cholesterol; 151mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. #3921 0 0 0 4922 3459 2557 20122 0 0 2130706543 0

\* Exported from MasterCook \*

#### Lemon Greek Salad

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Breads and Sides      Salads

Amount	Measure	Ingredient -- Preparation Method
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1	medium	unpeeled cucumber
2	cups	bite-size pieces spinach
2	cups	bite-size pieces Boston lettuce
1/4	cup	crumbled Feta cheese
2	tablespoons	sliced green onions (with tops)
10		pitted ripe olives -- sliced
1	medium	tomato -- cut into thin wedges
		Lemon and Mustard Dressing -- (recipe follows)

#### LEMON AND MUSTARD DRESSING

2	tablespoons	lemon juice
1	tablespoon	olive or vegetable oil
1	teaspoon	sugar
1	teaspoon	Dijon mustard
1/8	teaspoon	pepper

Score cucumber by running tines of fork lengthwise down sides; slice. Toss cucumber slices and remaining ingredients with Lemon and Mustard Dressing.

#### LEMON AND MUSTARD DRESSING:

Shake all ingredients in tightly covered container.

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Per serving: 98 Calories (kcal); 7g Total Fat; (58% calories from fat); 3g Protein; 8g Carbohydrate; 8mg Cholesterol; 234mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : There is only 1 tablespoon of olive oil in this salad, so you may want to use one with a good olive flavor. As a rule of thumb, the darker the color of the oil, the stronger the olive flavor. Oils that are quite green in appearance usually have rich flavor.

Nutr. Assoc. : 26365 1423 187 0 20030 20169 0 2130706543 ■ ■ 0 986 ■ 0 0

\* Exported from MasterCook \*

### Lemon-Broiled Scrod

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1	pound	scrod or other lean fish fillets -- skin removed
1/2	cup	plain nonfat yogurt
2	tablespoons	grated Parmesan cheese
1	tablespoon	lemon juice
1/8	teaspoon	pepper

Set oven control to broil. Spray broiler pan rack with nonstick cooking spray. Place fish on rack in broiler pan. Mix yogurt, cheese and lemon juice; spread evenly over fish. Sprinkle with pepper. Broil with tops about 4 inches from heat 5 to 8 minutes or until fish flakes easily with fork.

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analysis programs and different nutrient databases, variations in results are expected.

Description:

"Scrod sometimes is referred to as "poor man's lobster." When broiled, it's juicy and flavorful. It also contains significantly less cholesterol than lobster."

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Per serving: 121 Calories (kcal); 2g Total Fat; (12% calories from fat); 23g Protein; 3g Carbohydrate; 51mg Cholesterol; 130mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2747 0 0 0 0

\* Exported from MasterCook \*

# Lemon-Curry Cod

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1	pound	cod, halibut or red snapper fillets
1	tablespoon	coconut --if desired
2	tablespoons	reduced-fat mayonnaise or salad dressing
2	tablespoons	honey
1	tablespoon	lemon juice
1	tablespoon	Dijon mustard
1	teaspoon	curry powder
1/2	teaspoon	salt

Set oven control to broil. Spray broiler pan rack with nonstick cooking spray. Place fish on rack in broiler pan. Mix remaining ingredients; spread evenly over fish. Broil with tops 4 to 6 inches from heat 5 to ■

minutes or until fish flakes easily with fork.

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Per serving: 155 Calories (kcal); 3g Total Fat; (20% calories from fat); 21g Protein; 10g Carbohydrate; 51mg Cholesterol; 411mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 2747 0 20122 0 0 0 0 0

\* Exported from MasterCook \*

### Lemony Seafood Risotto

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
4	teaspoons	olive or vegetable oil
1/4	cup	finely chopped shallots (about 2 large)
		OR
1/4	cup	green onions
2	cloves	garlic -- finely chopped
1	cup	uncooked arborio or regular medium-grain

- white rice
- 1/2 cup dry white wine
- OR
- 1/2 cup nonalcoholic white wine
- 2 (14 1/2 ounce) cans 1/3-less-salt clear chicken broth
- 1/2 pound bay scallops
- 1/2 pound raw medium shrimp — peeled and deveined
- 1 teaspoon grated lemon peel
- 2 tablespoons fresh chopped parsley

Heat 2 teaspoons of the oil in 12-inch nonstick skillet over medium-high heat. Cook shallots and garlic in oil, stirring frequently, until shallots are crisp-tender. Reduce heat to medium. Stir in rice. Cook, stirring frequently, until rice begins to brown. Stir in wine. Cook until liquid is absorbed. Pour 1/2 cup of the broth over rice mixture. Cook uncovered, stirring occasionally, until liquid is absorbed. Continue cooking 15 to 20 minutes, adding broth 1/2 cup at a time and stirring occasionally, until rice is tender and creamy.

Meanwhile, heat remaining 2 teaspoons oil in 10-inch skillet over medium heat. Cook scallops and shrimp in oil 4 to 5 minutes, stirring frequently, until shrimp are pink. Remove scallops and shrimp from skillet, using slotted spoon. Gently stir scallops, shrimp and lemon peel into cooked rice mixture. Sprinkle with parsley.

4 to 5 servings

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#### Description:

"Risotto is an Italian dish in which rice is first browned in butter and then cooked in broth. Arborio rice is traditionally used because

it cooks up to a wonderful creamy consistency."

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Per serving: 388 Calories (kcal); 6g Total Fat; (14% calories from fat); 34g Protein; 43g Carbohydrate; 105mg Cholesterol; 614mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 986 26631 0 2130706543 0 2081 3186 0 2130706543 4017 4847  
20127 20084 2682

\* Exported from MasterCook \*

### Louisiana Seafood Creole

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1/2	cup	dry white wine
		OR
1/2	cup	fat-free reduced-sodium chicken broth
3	cups	frozen green beans, red pepper and carrots -- (from 16-ounce package)
4		large cloves garlic -- finely chopped (1 tablespoon)
1/4	teaspoon	ground red pepper (cayenne) (1/4 to 1/2 teaspoon)
1/2	pound	cod, halibut or red snapper fillets -- cubed
1	(16 ounce) can	stewed tomatoes -- undrained
1	pound	peeled and deveined raw small shrimp -- thawed if frozen
		Hot cooked rice -- if desired

Heat 1/4 cup of the wine to boiling in 4-quart Dutch oven or saucepan.  
Stir in vegetable mixture and garlic. Cook about 10 minutes, stirring frequently, until liquid has evaporated. Stir in remaining wine, the red pepper, fish and tomatoes. Heat to boiling; reduce heat to medium. Cover and cook 20 minutes. Stir in shrimp. Cook about 5 to 7 minutes or until



shrimp are pink and firm. Serve over rice.

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Per serving: 200 Calories (kcal); 2g Total Fat; (6% calories from fat); 31g Protein; 16g Carbohydrate; 197mg Cholesterol; 342mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 3 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Packaged frozen vegetables and canned tomatoes make this flavorful supper dish ■ snap.  
Nutr. Assoc. : 2130706543 0 58487 3458 620 2514 26444 ■ 26456 2130706543

\* Exported from MasterCook \*

### Macaroni with Marinated Tomatoes

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Breads and Sides Pasta  
Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	cups	chopped tomatoes (about 2 medium)
2		green onions (with tops) -- chopped
2	cloves	garlic -- finely chopped
1/4	cup	chopped fresh parsley

- 1/2 teaspoon salt
- 2 teaspoons chopped fresh basil leaves
- OR
- 1/2 teaspoon dried basil leaves
- 1/8 teaspoon coarsely cracked pepper
- 2 tablespoons olive or vegetable oil
- 1 (7 ounce) package uncooked pasta shells

Mix all ingredients except macaroni shells. Cover and refrigerate at least 2 hours but no longer than 24 hours. Prepare macaroni as directed on package; drain. Immediately toss with tomato mixture.

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Per serving: 179 Calories (kcal); 5g Total Fat; (26% calories from fat); 5g Protein; 28g Carbohydrate; 0mg Cholesterol; 188mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. #20183 26402 0 0 0 20028 0 2130706543 20061 986 4365

\* Exported from MasterCook \*

Manicotti

Recipe By :  
Serving Size : 5 Preparation Time :0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
10		uncooked manicotti shells (from 8-ounce package)
1	(15 ounce) can	tomato sauce
1	large	tomato -- chopped (1 cup)
1	tablespoon	chopped fresh basil leaves
	OR	
1	teaspoon	dried basil leaves
2	cups	small-curd creamed cottage cheese
1/4	cup	grated Parmesan cheese
1	teaspoon	chopped fresh thyme leaves
	OR	
1/2	teaspoon	dried thyme leaves
1	small	onion -- chopped (1/4 cup)
1	clove	garlic -- finely chopped
2		eggs
1	(10 ounce) package	frozen chopped spinach -- thawed and squeezed to drain
1	cup	shredded Mozzarella cheese (4 ounces)

Heat oven to 350°. Grease rectangular baking dish, 13 x 9 x 2 inches. Cook and drain manicotti as directed on package. Mix tomato sauce, tomato and basil. Spread 1 cup tomato sauce mixture evenly in baking dish. Mix remaining ingredients except Mozzarella cheese. Fill manicotti with spinach mixture. Place in baking dish.

Pour remaining tomato sauce mixture over shells. Sprinkle with Mozzarella cheese. Cover and bake 15 minutes; uncover and bake 15 to 20 minutes or until hot and bubbly.

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Per serving: 381 Calories (kcal); 13g Total Fat; (31% calories from fat); 27g Protein; 40g Carbohydrate; 111mg Cholesterol; 1093mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : Looking for a crowd pleaser? Serve this with a salad and crusty bread for a meal the whole family will love.

Nutr. Assoc. : 305 0 0 20028 0 2130706543 2962 0 26058 ■ 2130706543 ■ 0  
3218 0 26153

\* Exported from MasterCook \*

### Maple Custard

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
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1 3/4	cups	skim milk
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1		egg
---	--	-----

2		egg whites
---	--	------------

3	tablespoons	sugar
---	-------------	-------

1/2	teaspoon	maple flavoring
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		Dash salt
--	--	-----------

4	teaspoons	maple-flavored syrup
---	-----------	----------------------

2	cups	cut-up fruit
---	------	--------------

Heat oven to 350°. Heat milk in 1-quart saucepan just to boiling. Remove from heat; cool. Beat egg, egg whites, sugar, maple flavoring and salt in small bowl. Gradually stir in milk. Pour into four 6-ounce custard cups. Drop 1 teaspoon maple-flavored syrup carefully onto center of mixture in each cup (syrup will sink to bottom).

Place cups in square pan, 9 x 9 x 2 inches, on oven rack. Pour very hot water into pan to within 1/2 inch of tops of cups. Bake about 45 minutes or until knife inserted halfway between center comes out clean. Remove cups from water. Let stand 15 minutes. Unmold and serve warm with fruit. Or cover, refrigerate and unmold at serving time. Immediately refrigerate any remaining custard.

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Per serving: 154 Calories (kcal); 1g Total Fat; (7% calories from fat); 7g Protein; 29g Carbohydrate; 49mg Cholesterol; 97mg Sodium  
 Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 0 0 3231 0 866 0 866 1068

\* Exported from MasterCook \*

### Marble Cheesecake

Recipe By :  
 Serving Size : 12 Preparation Time : 0:00  
 Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
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2 cups Thick Yogurt -- (recipe follows)  
 4 chocolate wafers -- crushed (1/4 cup)  
 1 (8 ounce) package reduced-fat cream cheese (Neufchâtel) -- softened  
 2/3 cup sugar  
 1/4 cup skim milk  
 2 tablespoons all-purpose flour  
 2 teaspoons vanilla  
 3 egg whites  
 1 tablespoon cocoa  
 1 teaspoon chocolate extract  
 3/4 cup raspberry preserves -- if desired

### THICK YOGURT

4 cups plain nonfat yogurt (without gelatin)

Prepare Thick Yogurt. Heat oven to 300°. Spray springform pan, 9 × 3 inches, with nonstick cooking spray. Sprinkle chocolate wafer crumbs on bottom of pan.

Beat Thick Yogurt and cream cheese in medium bowl with electric mixer on medium speed until smooth. Add sugar, milk, flour, vanilla and egg whites. Beat on medium speed about 2 minutes or until smooth. Place 1 cup batter in small bowl. Beat in cocoa and chocolate extract until blended.

Carefully spread vanilla batter over crumbs in pan. Drop chocolate batter by spoonfuls onto vanilla batter. Swirl through batters with metal spatula, being careful not to touch bottom, for marbled design.

Bake 1 hour. Turn off oven; leave cheesecake in oven 30 minutes. Cool 15 minutes. Cover and refrigerate at least 3 hours. Heat preserves in 1-quart saucepan over medium-low heat, stirring occasionally, until warm. Serve with cheesecake.

### THICK YOGURT:

Line 6-inch strainer with basket-style paper coffee filter or double thickness of cheesecloth. Place strainer over bowl. Spoon yogurt into strainer. Cover strainer and bowl and refrigerate at least 12 hours, draining liquid from bowl occasionally.

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Per serving: 200 Calories (kcal); 4g Total Fat; (18% calories from fat); 13g Protein; 28g Carbohydrate; 16mg Cholesterol; 283mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 2130706543 2647 4049 0 0 0 0 533 0 0 2130706543 ■ 0 26509

\* Exported from MasterCook \*

### Margarita Beef with Orange Salsa

Recipe By :  
Serving Size : 5 Preparation Time : 0:00  
Categories : Beef Grilling  
Meat

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	frozen (thawed) orange juice concentrate
1/2	cup	tequila
1/2	cup	fresh lime juice
2	tablespoons	finely chopped gingerroot
2	tablespoons	olive or vegetable oil
1	teaspoon	salt
1	teaspoon	dried oregano leaves

- 1/4 teaspoon ground red pepper (cayenne)
- 2 cloves garlic -- crushed
- 1/2 pound well-trimmed beef boneless top round steak -- 1 inch thick
- Orange Salsa -- (recipe follows)
- Cilantro sprigs -- if desired
- Lime wedges -- if desired

#### ORANGE SALSA

- 2 medium oranges -- peeled and cut into 1/2 inch pieces
- 1/2 cup red or white chopped onion
- 1 medium jalapeño chili -- seeded and finely chopped
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice (2 to 3 tablespoons)
- 2 tablespoons olive or vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano leaves

Mix juice concentrate, tequila, lime juice, gingerroot, oil, salt, oregano, red pepper and garlic in shallow nonmetal dish or heavy-duty resealable plastic bag. Add beef, turning to coat with marinade. Cover dish or seal bag and refrigerate at least 4 hours but no longer than 24 hours. Prepare Orange Salsa.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove beef from marinade; discard marinade. Insert barbecue meat thermometer so tip is in center of beef and not touching bone. Grill beef uncovered 4 to 6 inches from medium heat 22 to 26 minutes for medium-rare (150°F) to medium (160°F) doneness, turning once.

Remove beef to carving board; let stand 10 minutes. Cut beef crosswise into thin slices; place on serving platter. Garnish with cilantro sprigs and lime wedges. Serve with Orange Salsa.

#### ORANGE SALSA:

Mix all ingredients in nonmetal bowl. Cover and refrigerate at least 1 hour.

5 to 6 servings



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Please note that although this recipe contains ingredients that are not fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed.

**Description:**

"This winning beef recipe comes from the National Beef Cook-Off®, sponsored by the National Livestock and Meat Board. It adds a taste of the tropics anytime you grill."

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Per serving: 308 Calories (kcal); 13g Total Fat; (43% calories from fat); 11g Protein; 26g Carbohydrate; 26mg Cholesterol; 668mg Sodium  
Food Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 1007 0 0 26086 986 0 3133 1007 0 5313 2130706543 2130706543  
2130706543 3133 272 1014 2679 26360 26108 822 986 ■ 1016

\* Exported from MasterCook \*

**Margarita Chicken**

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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---

1/2 cup nonalcoholic margarita mix  
3 tablespoons lime juice  
1 clove garlic -- crushed  
3 pounds cut-up broiler-fryer chicken (3 to 3 1/2  
pounds)  
1 teaspoon coarse salt

Mix margarita mix, lime juice and garlic in resealable heavy-duty plastic bag. Add chicken; seal bag and turn to coat with marinade. Refrigerate at least 1 hour but no longer than 24 hours, turning bag occasionally. Remove chicken from marinade; reserve marinade.

Heat oven to 375°. Line broiler pan with aluminum foil. Spray rack of broiler pan with nonstick cooking spray. Place chicken, skin sides down, on rack in broiler pan. Brush with marinade; sprinkle with 1/2 teaspoon of the salt. Bake uncovered 30 minutes; turn chicken. Brush with remaining marinade; sprinkle with remaining 1/2 teaspoon salt. Bake uncovered about 35 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut. (If chicken begins to brown too quickly, cover with aluminum foil.)

Grilling Directions: Heat coals or gas grill. Place marinated chicken, skin sides up, on grill. Brush with marinade; sprinkle with 1/2 teaspoon of the salt. Cover and grill 5 to 6 inches from medium heat 15 minutes; turn chicken. Brush with remaining marinade; sprinkle with remaining 1/2 teaspoon salt. Cover and grill 20 to 40 minutes longer, turning occasionally, until juice of chicken is no longer pink when centers of thickest pieces are cut.

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## Description:

"Serve up some corn bread spiked with jalapeño chilis and shredded Cheddar cheese for a spicy accompaniment to this south-of-the-border chicken."

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Per serving: 186 Calories (kcal); 7g Total Fat; (34% calories from fat); 23g Protein; 6g Carbohydrate; 69mg Cholesterol; 406mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; ■ Fruit; ■ Fat, 1/2 Other Carbohydrates

Nutr. Assoc. : 5691 0 0 5829 0

\* Exported from MasterCook \*

### Marinated Balsamic Pasta and Vegetables

Recipe By :

Serving Size : 18 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
2 1/2	cups	uncooked radiatore (nugget) pasta (8 ounces)
6	ounces	whole green beans
18		pearl onions
1		large red bell pepper -- cut into 1-inch pieces
1		large yellow bell pepper -- cut into 1-inch pieces
1/2	cup	sugar
1/2	cup	white wine vinegar
1/3	cup	olive or vegetable oil
1/4	cup	balsamic vinegar
1 1/2	teaspoons	chopped fresh basil leaves
		OR
1/2	teaspoon	dried basil leaves
1/4	teaspoon	coarsely ground pepper
1/8	teaspoon	salt

Cook pasta as directed on package; drain. Rinse with cold water; drain. Place beans and pearl onions in 1 inch water in 2-quart saucepan. Heat to boiling; reduce heat. Simmer uncovered 10 to 15 minutes or until crisp-tender; drain. Immediately rinse with cold water; drain. Mix remaining ingredients.

Place pasta, beans and onions and peppers in 8 x 8 inch-baking dish, keeping each item separate. Pour dressing mixture over pasta and vegetables. Cover and refrigerate at least 3 hours but no longer than 4 hours, spooning marinade over mixture occasionally.

Remove pasta and vegetables from marinade with slotted spoon; discard marinade. Arrange pasta and vegetables on shallow serving platter. Serve with toothpicks.

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Per serving: 80 Calories (kcal); 1g Total Fat; (9% calories from fat); 2g Protein; 17g Carbohydrate; trace Cholesterol; 325mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Peel the pearl onions quickly and easily by dropping them into the

boiling water before cooking the pasta. After a few minutes,  
remove the onions from the water, and the skins will slip right  
off.

Nutr. Assoc. : 4364 3568 4417 0 0 0 0 0 20028 0 2130706543 ■ 0

\* Exported from MasterCook \*

### Marinated Shrimp Kabob Salad

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	grated orange peel
1/2	cup	orange juice
2	tablespoons	vegetable oil
1/2	teaspoon	salt
1/2	teaspoon	crushed red pepper
2	cloves	garlic -- crushed
16		uncooked large shrimp -- peeled and deveined
8	ounces	jicama -- peeled and cut into 1 inch pieces
1	medium	red bell pepper -- cut into 1 1/2-inch pieces
1/2	small	pineapple -- peeled and cut into chunks
4	cups	bite-size pieces salad greens

Mix orange peel, orange juice, oil, salt, red pepper and garlic in large glass or plastic bowl. Reserve 1/3 cup orange juice mixture; cover and refrigerate. Toss shrimp and remaining orange juice mixture in bowl. Cover and refrigerate at least 2 hours.

Set oven control to broil. Remove shrimp from marinade; reserve marinade. Alternate shrimp, jicama, bell pepper and pineapple on each of eight 10-inch skewers. Place on rack in broiler pan. Broil with tops about 4 inches from heat about 8 minutes, turning and brushing once with marinade, until shrimp are pink. Divide salad greens among 4 serving plates. Top each with 2 kabobs; remove skewers. Serve with reserved orange juice mixture.

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Per serving: 174 Calories (kcal); 8g Total Fat; (38% calories from fat); 8g Protein; 20g Carbohydrate; 43mg Cholesterol; 317mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fruit, 1 1/2 Fat, ■ Other Carbohydrates

Serving Ideas : Serve these nutritious seafood kabobs with some crusty sourdough bread for a simple yet satisfying meal.

NOTES : \*If using bamboo skewers, soak in water at least 30 minutes before using to prevent burning.

Nutr. Assoc. : 0 0 0 0 0 0 1374 0 0 0 3921

\* Exported from MasterCook \*

### Meatless "Meatball" Pizza

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1		Italian bread shell or prepared pizza crust (12 inches in diameter)
3/4	cup	pizza sauce
2		frozen soybean-based vegetable burgers — thawed
1	tablespoon	grated Parmesan cheese

- 1/2 teaspoon Italian seasoning — crumbled
- 2 tablespoons sliced ripe olives
- 1 cup shredded part-skim or regular Mozzarella  
cheese (4 ounces)
- 1 cup shredded Provolone cheese (4 ounces)

Heat oven to 425°. Place bread shell on ungreased large cookie sheet.  
Spread pizza sauce over bread shell. Mix burgers, Parmesan cheese and  
Italian seasoning. Shape into 1/2-inch balls.

Top pizza with burger balls and olives. Sprinkle with cheeses. Bake 18 to  
20 minutes or until cheese is melted and light golden brown.

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approved Betty Crocker® Recipe.

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is different from the nutritional information listed in the Betty Crocker®  
cookbooks. Because MasterCook and Betty Crocker® use different nutritional  
analysis programs and different nutrient databases, variations in results  
are expected.

Description:

"The "meatballs" here are prepared with 100 percent vegetable burgers  
flavored with Parmesan cheese and Italian seasoning; they taste just  
like traditional sausage."

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Per serving: 369 Calories (kcal); 13g Total Fat; (30% calories from fat); 22g Protein; 42g Carbohydrate; 27mg Cholesterol; 974mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #5935 0 0 0 0 4971 27033 1198

\* Exported from MasterCook \*

## Mediterranean Bean and Basil Spread

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Appetizers Dips, Spreads &amp; Salsas

Amount	Measure	Ingredient -- Preparation Method
1	cup	canned garbanzo beans -- rinsed and drained
1/4	cup	fat-free Italian dressing
		OR
1/4	cup	reduced-fat Italian dressing
1/3	cup	fresh basil leaves
		OR
2	teaspoons	dried basil leaves
1/2	teaspoon	garlic powder
		Salt -- if desired
		Pita bread wedges -- if desired

Place beans, dressing, basil and garlic powder in blender or food processor. Cover and blend on medium-high speed about 1 minute, stopping blender occasionally to scrape sides, until smooth. Add salt to taste.

Serve with pita bread wedges.

4 servings (1/4 cup each)

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Per serving: 80 Calories (kcal); 1g Total Fat; (7% calories from fat); 3g Protein; 15g Carbohydrate; 0mg Cholesterol; 390mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; ■ Other Carbohydrates

Serving Ideas : Try using this as a sandwich spread. You might add alfalfa sprouts or a slice of tomato.

Nutr. Assoc. : 2603 25018 0 2130706543 3332 0 2130706543 ■ 2130706543  
2130706543

\* Exported from MasterCook \*

### Mediterranean Vegetable Ziti

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
3	cups	uncooked ziti pasta (9 ounces)
1	(14 ounce) can	artichoke hearts -- drained and 1/4 cup liquid reserved
3	medium	tomatoes -- chopped (2 1/4 cups)
3	medium	green onions -- chopped (3 tablespoons)
1		yellow bell pepper -- cut into 1/2-inch strips
1 1/2	teaspoons	chopped fresh oregano leaves
		OR
1/2	teaspoon	dried oregano leaves
12		Kalamata or medium ripe olives -- pitted and halved
1	(3 1/2 ounce) package	goat cheese
		Fresh oregano sprig -- if desired

Cook and drain pasta as directed on package. While pasta is cooking, cut artichoke hearts in quarters. Cook artichokes, reserved artichoke liquid, tomatoes, green onions, bell pepper and chopped oregano in 12-inch skillet over medium heat about 7 minutes, stirring frequently, just until hot. Add pasta, olives and goat cheese; toss until cheese is melted. Garnish with oregano sprig.

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Per serving: 331 Calories (kcal); 8g Total Fat; (20% calories from fat); 15g Protein; 52g Carbohydrate; 17mg Cholesterol; 187mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 5662 42 5296 3585 0 26053 0 2130706543 4285 ■ 2130706543

\* Exported from MasterCook \*

### Mexicali Meatballs

Recipe By :  
Serving Size : 30 Preparation Time : 0:00  
Categories : Appetizers Meat

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground chicken
		OR
1	pound	ground beef
1	medium	onion -- chopped (1/2 cup)
1		egg
1/3	cup	dry bread crumbs

1/4 cup milk  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 1/2 cups salsa  
Thinly sliced green onions — if desired

Heat oven to 400°. Mix all ingredients except salsa and green onions. Shape into thirty 1-inch balls. Place in ungreased rectangular pan, 13 × 9 × 2 inches. Bake uncovered about 15 minutes or until no longer pink in center; drain. Heat meatballs and salsa in 2-quart saucepan until salsa is hot. Sprinkle with green onions. Serve with wooden or plastic toothpicks.

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Per serving: 42 Calories (kcal); 2g Total Fat; (46% calories from fat); 3g Protein; 2g Carbohydrate; 16mg Cholesterol; 95mg Sodium  
Food Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

NOTES : Do-Ahead Directions: Place meatballs in single layer on ungreased cookie sheet. Freeze uncovered about 1 hour or until firm. Store tightly sealed in heavy-duty plastic food-storage bag or freezer container up to 2 months.

About 25 minutes before serving, place salsa and frozen meatballs in 2-quart saucepan. Heat to boiling, stirring occasionally; reduce heat. Cover and simmer about 20 minutes or until meatballs

are hot.

Nutr. Assoc. #2130706543 0 9018 0 0 0 0 0 0 2130706543

\* Exported from MasterCook \*

## Mexican Dip

Recipe By :

Serving Size : 56 Preparation Time : 0:00

Categories : Appetizers Dips, Spreads & Salsas

Amount Measure Ingredient -- Preparation Method

-----  
 1/2 pound lean ground turkey breast  
 1/2 teaspoon ground mustard (dry)  
 1/4 teaspoon chili powder (1/4 to 1/2 teaspoon)  
 1 small onion -- finely chopped (1/4 cup)  
 1/4 cup finely chopped green bell pepper  
 1 (15 ounce) can black beans -- rinsed and drained  
 1 (8 ounce) can tomato sauce  
 1 (1 1/4 ounce) envelope taco seasoning mix  
     Yogurt Topping -- (recipe follows)  
 1/2 cup finely shredded lettuce  
 1/2 cup shredded reduced-fat Cheddar cheese (2  
     ounces)  
     Baked Pita Chips -- (see recipe)  
     OR  
     Tortilla chips -- if desired

### YOGURT TOPPING

1 cup plain nonfat yogurt  
 2 tablespoons shredded Cheddar cheese  
 1/4 teaspoon chili powder

Cook turkey in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in mustard, chili powder, onion, bell pepper, beans, tomato sauce and seasoning mix (dry). Heat to boiling, stirring constantly. Spread turkey mixture in ungreased pie plate, 9 x 1 1/4 inches. Prepare Yogurt Topping; spread over turkey mixture. Sprinkle

with lettuce and cheese. Serve with Baked Pita Chips.

#### YOGURT TOPPING:

Mix all ingredients.

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#### Description:

"This also makes a quick and appetizing dinner!"

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#### Yield:

"3 1/2 Cups"

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Per serving: 37 Calories (kcal); 1g Total Fat; (15% calories from fat); 3g Protein; 6g Carbohydrate; 4mg Cholesterol; 105mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 694 518 2614 0 20088 157 0 0 2130706543 4924 26495  
2130706543 0 0 0 0 0 0 0

\* Exported from MasterCook \*

#### Baked Pita Chips

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

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4		whole wheat pita breads (6 inches in diameter)
---	--	--

Heat oven to 400°. Cut around outside edges of pita breads to separate layers. Cut each layer into 8 wedges. Place in single layer on 2 ungreased cookie sheets. Bake about 9 minutes or until crisp and light brown; cool.

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T(Bake):  
"0:09"

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Per serving: 85 Calories (kcal); 1g Total Fat; (8% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 170mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26190

\* Exported from MasterCook \*

Mexican Polenta Pie

Recipe By :  
Serving Size : 6 Preparation Time :0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	cornmeal
2	cups	water
1/4	teaspoon	salt
1		egg -- slightly beaten
1	(15 ounce) can	chili beans (15 to 16 ounce can) -- drained
3/4	cup	shredded Monterey Jack cheese with jalapeño peppers (3 ounces)
1/3	cup	crushed corn chips
		OR
1/3	cup	tortilla chips

Heat oven to 375°. Grease pie plate, 9 × 1 1/4 inches. Mix cornmeal, water and salt in 2-quart saucepan. Heat to boiling, stirring constantly; reduce heat to medium. Cook about 6 minutes, stirring frequently, until mixture is very thick; remove from heat. Quickly stir in egg. Let stand 5 minutes.

Spread cornmeal mixture in pie plate. Bake uncovered 15 minutes. Spread beans over cornmeal mixture. Sprinkle with cheese and corn chips. Bake uncovered about 20 minutes or until center is set. Let stand 5 minutes before cutting.

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Per serving: 168 Calories (kcal); 7g Total Fat; (34% calories from fat); 9g Protein; 20g Carbohydrate; 46mg Cholesterol; 880mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit, 1/2 Fat, 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 815 3783 2130706543 0 1619

\* Exported from MasterCook \*

### Mexican Steak

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1		pound beef tenderloin or boneless top loin steak -- about 1/2 inch thick
1	tablespoon	vegetable oil
1		medium onion -- chopped (1/2 cup)
1	(15 ounce) can	Mexican-style chunky tomato sauce
1	teaspoon	chili powder
1	teaspoon	ground cumin

Cut beef across grain into strips about 1 1/2 x 1/2 inch. (Beef is easier to cut if partially frozen, about 1 1/2 hours.) Heat oil in 10-inch skillet over medium-high heat. Cook beef and onion in oil, stirring occasionally, until beef is brown. Stir in tomato sauce, chili powder and cumin. Heat to boiling; reduce heat. Cover and simmer about 15 minutes or until beef is tender.

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Per serving: 235 Calories (kcal); 10g Total Fat; (36% calories from fat); 27g Protein; 10g Carbohydrate; 66mg Cholesterol; 89mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2228 0 0 2702 0 0

\* Exported from MasterCook \*

### Microwave Chicken Nuggets

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Poultry

Amount Measure Ingredient -- Preparation Method

-----  
4 Apricot Honey Sauce -- (recipe follows)  
skinless boneless chicken breast halves  
(about 1 pound)  
1 tablespoon vegetable oil  
1/2 cup Bisquick® Reduced Fat baking mix  
1/2 cup corn flake crumbs  
3/4 teaspoon paprika  
1/2 teaspoon salt  
1/4 teaspoon pepper

### APRICOT HONEY SAUCE

1/2 cup apricot spreadable fruit  
2 tablespoons honey  
2 tablespoons Dijon mustard  
1 tablespoon white vinegar

Prepare Apricot Honey Sauce. Trim fat from chicken. Cut chicken into 1-inch pieces. Toss chicken and oil. Mix remaining ingredients in plastic bag. Shake about 5 pieces chicken at a time in bag until coated. Shake off excess crumbs. Arrange chicken pieces in single layer in microwavable pie plate, 10 x 1 1/2 inches. Cover with waxed paper and microwave on High 7 to 8 minutes, rotating dish 1/2 turn after 3 minutes, until chicken is no longer pink in center. Serve with sauce.

#### APRICOT HONEY SAUCE:

Mix all ingredients in 2-cup microwavable measure. Microwave uncovered on High about 2 minutes or until hot.

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#### Description:

"Kids won't mind skipping the fast food if they can stay home and enjoy these nuggets."

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Per serving: 246 Calories (kcal); 4g Total Fat; (15% calories from fat); 20g Protein; 32g Carbohydrate; 46mg Cholesterol; 496mg Sodium  
Food Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. :2130706543 2313 0 25091 2871 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

## Millet Pilaf

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Breads and Sides Rice and Grains

Amount	Measure	Ingredient -- Preparation Method
1	medium	onion -- thinly sliced
1	medium	green bell pepper -- chopped (about 1 cup)
1	cup	uncooked millet
3	cups	water
1	tablespoon	low-sodium chicken bouillon granules
1/8	teaspoon	ground ginger
1	medium	unpeeled apple -- coarsely chopped (about 1 cup)

Spray 10-inch nonstick skillet with nonstick cooking spray. Cook onion, bell pepper and millet in skillet about 5 minutes over medium heat, stirring occasionally, until onion is crisp-tender. Stir in water, bouillon granules and ginger. Heat to boiling; reduce heat. Cover and simmer about 15 to 20 minutes or until millet is tender. Stir in apple; heat through.

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Per serving: 155 Calories (kcal); 2g Total Fat; (9% calories from fat); 4g Protein; 31g Carbohydrate; trace Cholesterol; 192mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; ■ Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 26636 0 26441 0 30 0

\* Exported from MasterCook \*

### Mississippi Mud Bars

Recipe By :

Serving Size : 36 Preparation Time : 0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1/3	cup	plus 1 tablespoon margarine or butter
5	(1 ounce) squares	unsweetened chocolate
3/4	cup	Bisquick® Original baking mix
		OR
2/3	cup	Bisquick® Reduced Fat baking mix
3/4	cup	plus 2 tablespoons granulated sugar
2		eggs
2	teaspoons	vanilla
1 1/2	cups	miniature marshmallows
2/3	cup	sour cream
1 1/2	cups	powdered sugar

Heat oven to 350°. Grease and flour square pan, 9 × 9 × 2 inches. Melt 1/3 cup of the margarine and 2 1/2 squares of the chocolate in 1 1/2-quart saucepan over low heat, stirring frequently; cool. Beat chocolate mixture, baking mix, granulated sugar, eggs and vanilla in medium bowl on low speed 30 seconds, scraping bowl frequently. Beat on medium speed 1 minute. Spread in pan.

Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Immediately sprinkle with marshmallows. Cover and let stand 5 minutes or until marshmallows soften. Uncover; cool completely.

Melt remaining 2 1/2 squares chocolate and 1 tablespoon margarine; cool

slightly. Stir in sour cream and powdered sugar until smooth. Spread over marshmallow layer. Cover and refrigerate at least 2 hours or until firm. Store in refrigerator; bring to room temperature before serving. Cut into 2 x 1-inch bars.

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Yield:  
"36 Bars"

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Per serving: 99 Calories (kcal); 5g Total Fat; (45% calories from fat); 1g Protein; 13g Carbohydrate; 12mg Cholesterol; 56mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 4098 0 2250 0 2130706543 652 3218 0 4150 0 0

\* Exported from MasterCook \*

### Mixed Herb Spaghetti and Clam Sauce

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
2	cups	chopped tomatoes (about 2 large)

- 1 cup tomato juice
- 1/2 cup dry white wine
- OR
- 1/2 cup tomato juice
- 2 tablespoons lemon juice
- 1 teaspoon olive or vegetable oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh basil leaves
- OR
- 2 teaspoons dried basil leaves
- 2 (10 ounce) cans whole baby clams -- drained
- 6 cups hot cooked spaghetti

Heat tomatoes, tomato juice, wine, lemon juice, oil, salt and pepper to boiling in Dutch oven; reduce heat. Simmer uncovered 5 minutes or until slightly thickened. Stir in parsley, basil and clams. Serve over spaghetti.

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Per serving: 370 Calories (kcal); 4g Total Fat; (9% calories from fat); 32g Protein; 51g Carbohydrate; 63mg Cholesterol; 423mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Keep these ingredients in your pantry so on those hectic days,  
this meal will be a snap to fix.

Nutr. Assoc. : 26059 0 2130706543 0 0 0 986 0 0 0 20028 ■ 2130706543 2450  
2845

\* Exported from MasterCook \*

### Mixed Vegetable Salad

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Breads and Sides      Salads

Amount	Measure	Ingredient -- Preparation Method
2	cups	cauliflowerets
2	cups	bite-size pieces broccoli flowerets and stems
1	(10 ounce)	package frozen green peas
1/3	cup	reduced-fat mayonnaise or salad dressing
1/4	cup	plain nonfat yogurt
1	tablespoon	lemon juice
1/4	teaspoon	salt
1/4	teaspoon	pepper
1 1/2	medium	carrots -- thinly sliced (3/4 cup)
2	cups	cherry tomatoes -- cut in half

Heat 1 inch water to boiling in 2-quart saucepan. Add cauliflowerets and broccoli. Heat to boiling; reduce heat. Cover and cook 5 minutes; drain. Rinse with cold water; drain. Rinse peas with cold water to separate; drain.

Mix mayonnaise, yogurt, lemon juice, salt and pepper in large glass or plastic bowl. Add cauliflowerets, broccoli, peas and carrots; toss. Cover and refrigerate at least 4 hours. Stir in tomatoes.

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Per serving: 84 Calories (kcal); 3g Total Fat; (31% calories from fat); 4g Protein; 12g Carbohydrate; 3mg Cholesterol; 179mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; ■ Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 2512 2358 0 20122 0 0 0 0 2495 2557

\* Exported from MasterCook \*

### Mocha Whip

Recipe By :

Serving Size : 2 Preparation Time : 0:00

Categories : Appetizers Beverages

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1	medium	banana
1	cup	skim milk
1	tablespoon	sugar
2	teaspoons	cocoa
1	teaspoon	powdered instant coffee
1/2	teaspoon	vanilla
3		ice cubes -- cracked (3 to 4)

Place all ingredients except ice cubes in blender. Cover and blend on high speed about 15 seconds or until smooth. Add ice cubes. Cover and blend about 15 seconds more or until blended. Serve immediately.



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Per serving: 131 Calories (kcal); 1g Total Fat; (4% calories from fat); 5g Protein; 28g Carbohydrate; 2mg Cholesterol; 65mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 3752 0 0

\* Exported from MasterCook \*

### Morning Parfaits

Recipe By :  
Serving Size : 2 Preparation Time :0:00  
Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
1	cup	vanilla nonfat yogurt
1/8	teaspoon	almond extract
1/3	cup	chopped cantaloupe
1/3	cup	chopped strawberries
1/3	cup	chopped kiwifruit
2	tablespoons	sliced almonds -- toasted

Mix yogurt and almond extract. Alternate layers of fruit and 1/4 cup

yogurt mixture in 2 goblets or parfait glasses, beginning and ending with fruit. Top with almonds.

---

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Per serving: 191 Calories (kcal); 5g Total Fat; (23% calories from fat); 8g Protein; 30g Carbohydrate; 2mg Cholesterol; 83mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : For extra crunch and texture, add 1/2 cup low-fat granola to the yogurt before layering this eye-opening parfait.

Nutr. Assoc. : 4242 0 26364 1436 779 0

\* Exported from MasterCook \*

### No-Knead Bran Rolls

Recipe By :  
 Serving Size : 24 Preparation Time : 0:00  
 Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
3 1/2	cups	all-purpose flour (3 1/2 to 3 3/4 cups)
1/2	cup	bran flake cereal
1/4	cup	packed brown sugar
1	teaspoon	salt

- 1 package regular or quick active dry yeast
- 1 cup very warm water (120° to 130°)
- 3 tablespoons shortening
- 1 egg

Mix 1 3/4 cups of the flour, the cereal, brown sugar, salt and yeast in large bowl. Add warm water, shortening and egg. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough remaining flour, 1 cup at a time, to make dough easy to handle. Place dough in greased bowl; turn greased side up. Cover and let rise in warm place about 1 1/2 hours or until double. (Dough is ready if indentation remains when touched.)

Grease 2 round pans, 9 x 1 1/2 inches. Punch down dough; divide into 24 equal pieces. Shape each piece into a ball (dough will be slightly sticky) with greased hands. Place 12 balls in each pan. Cover and let rise in warm place about 45 minutes or until double.

Heat oven to 375°. Bake 20 to 25 minutes or until golden brown.

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Yield:  
"24 Rolls"

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Per serving: 96 Calories (kcal); 2g Total Fat; (18% calories from fat); 2g Protein; 17g Carbohydrate; 8mg Cholesterol; 95mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. 14 13 0 0 26366 5472 0 0

\* Exported from MasterCook \*

## Olive Cream Cheese Spread

Recipe By :

Serving Size : 32 Preparation Time : 0:00

Categories : Appetizers Dips, Spreads & Salsas

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1	(8 ounce) package	cream cheese -- softened
1/4	cup	grated Parmesan cheese
1	tablespoon	sliced pimiento-stuffed olives
1	tablespoon	sliced ripe olives
2	teaspoons	chopped fresh chives
		OR
1/2	teaspoon	freeze-dried chives
1/4	teaspoon	pepper
1/2	cup	slivered almonds -- toasted*
1	tablespoon	chopped fresh basil leaves
		OR
1	teaspoon	dried basil leaves
		Assorted crackers or bread -- if desired

Mix all ingredients except almonds, basil and crackers. Cover and refrigerate 1 to 2 hours to blend flavors. Just before serving, sprinkle with almonds and basil. Serve with crackers.

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Yield:

"2 Cups"

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Per serving: 42 Calories (kcal); 4g Total Fat; (81% calories from fat); 1g Protein; 1g Carbohydrate; 8mg Cholesterol; 37mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit, 1/2 Fat, ■ Other Carbohydrates

NOTES : \*To toast nuts, heat oven to 350°. Place nuts in ungreased shallow baking pan. Bake about 10 minutes, stirring occasionally, until golden brown.

Nutr. Assoc. : 0 0 3584 4971 20210 0 2130706543 0 0 2130706543 0 3091 0

\* Exported from MasterCook \*

### Olive Crostini

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
12	slices	French bread -- 1 inch thick
1/3	cup	chopped green olives
1/3	cup	chopped ripe olives
1	(5 ounce) container	garlic-and-herb or herb soft spreadable cheese

Set oven control to broil. Place bread on ungreased cookie sheet. Broil with tops 4 to 6 inches from heat 30 to 60 seconds or until lightly toasted. Mix olives and cheese; spread on bread. Broil 1 to 2 minutes or until cheese is warm.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 106 Calories (kcal); 4g Total Fat; (32% calories from fat); 4g Protein; 14g Carbohydrate; 7mg Cholesterol; 312mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 594 2678 2678 4049

\* Exported from MasterCook \*

### Onion Bagels

Recipe By :  
Serving Size : 12 Preparation Time :0:00  
Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
2	packages	regular active dry yeast
1 1/4	cups	warm water (105° to 115°)
1/4	cup	onion (1 small) -- finely chopped
1/4	cup	shallots (2 large) -- finely chopped
1	teaspoon	salt
1/8	teaspoon	pepper
3 1/2	cups	all-purpose flour (3 1/2 to 4 cups)
		Stone-ground or degerminated cornmeal
		Hot water

Dissolve yeast in warm water in large bowl. Stir in onion, shallots, salt, pepper and enough flour, 1 cup at a time, to make dough easy to handle.

Turn dough onto lightly floured surface. Knead about 10 minutes or until dough is smooth and elastic. Spray large bowl with nonstick cooking spray. Place dough in bowl, and turn greased side up. Cover and let rise in warm place about 30 minutes or until almost double. (Dough is ready if indentation remains when touched.)

Spray cookie sheet with nonstick cooking spray; sprinkle with cornmeal. Punch down dough. Divide dough into 12 equal pieces. Shape each piece into a ball with floured hands. Poke a hole into the center of each ball and enlarge hole with thumb to 1 1/2 inches. Place on cookie sheet. Cover and let rise in warm place 15 minutes.

Heat oven to 400°. Carefully lift each bagel off cookie sheet and dip into hot water. Place back on cookie sheet; reshape hole if necessary. Bake 25 to 30 minutes or until golden brown. Remove from cookie sheet. Cool on wire rack.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Description:

"Try your hand at making homemade bagels-an activity your whole family will enjoy! The water dip creates a crusty outside."

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Yield:

"12 Bagels"

Per serving: 140 Calories (kcal); trace Total Fat, (2% calories from fat); 4g Protein; 29g Carbohydrate; 0mg Cholesterol; 180mg Sodium  
 Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #26366 5472 4288 4902 0 0 14 0 0

\* Exported from MasterCook \*

### Open-Face Crab Burgers

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
8	ounces	imitation crabmeat -- chopped
		OR
8	ounces	cooked crabmeat -- chopped
1/4	cup	reduced-fat mayonnaise or salad dressing
2	tablespoons	reduced-fat cream cheese (Neufchâtel)
2	teaspoons	chopped fresh dill
		OR
1/2	teaspoon	dried dill weed
2	teaspoons	chopped fresh parsley
2	teaspoons	lemon juice
1	teaspoon	Dijon mustard
1/4	teaspoon	red pepper sauce
2		green onions -- finely chopped
3		English muffins -- split and toasted
1/4	cup	shredded reduced-fat Mozzarella cheese (1 ounce) -- if desired

Mix all ingredients except muffins and Mozzarella cheese. Spread 1/4 cup crabmeat mixture on each muffin half. Sprinkle with Mozzarella cheese. Set oven control to broil. Spray rack of broiler pan with nonstick cooking spray. Place muffin halves on rack in broiler pan. Broil with tops 4 inches from heat 5 to 6 minutes or until tops are golden brown.



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**Description:**

"These are perfect when you're looking for a change from hamburger."

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Per serving: 140 Calories (kcal); 4g Total Fat; (26% calories from fat); 8g Protein, 17g Carbohydrate; 16mg Cholesterol; 255mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 434 0 2130706543 20122 947 3360 0 2130706543 0 0 0 1471  
3585 545 2130706543

\* Exported from MasterCook \*

**Orange Almond Biscotti**

Recipe By :

Serving Size : 42 Preparation Time : 0:00

Categories : Cookies Desserts

Amount Measure Ingredient -- Preparation Method

1 cup sugar  
1/2 cup margarine or butter -- softened

- 1      tablespoon grated orange peel
- 2              eggs
- 3 1/2      cups all-purpose flour
- 1      teaspoon baking powder
- 1/2      teaspoon salt
- 1/3      cup slivered almonds -- chopped

Heat oven to 350°. Beat sugar, margarine, orange peel and eggs in large bowl. Stir in flour, baking powder and salt. Stir in almonds. Shape half of the dough at a time into rectangle, 10 x 3 inches, on ungreased cookie sheet. Bake about 20 minutes or until toothpick inserted in center comes out clean. Cool on cookie sheet 15 minutes.

Cut crosswise into 1/2-inch slices. Place slices cut sides down on cookie sheet. Bake about 15 minutes or until crisp and light brown. Remove from cookie sheet. Cool on wire rack.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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 Yield:  
 "42 Cookies"

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Per serving: 86 Calories (kcal); 3g Total Fat; (32% calories from fat); 2g Protein; 13g Carbohydrate; 9mg Cholesterol; 65mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 4098 0 3218 0 0 0 0

\* Exported from MasterCook \*

## Orange Frost

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Appetizers Beverages

### Amount Measure Ingredient -- Preparation Method

1/4	cup	milk	
3/4	cup	water	
1	(6 ounce)	can frozen orange juice concentrate	
8		ice cubes	
1/4	cup	sugar	
1	teaspoon	vanilla	

Place all ingredients in order listed in blender. Cover and blend on high speed about 30 seconds or until mixture is smooth and frothy. Serve immediately. Or pour mixture into square baking dish, 8 x 8 = 2 inches. Cover and freeze about 2 hours or until firm. Let stand at room temperature about 30 minutes before serving. Stir until smooth.

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Per serving: 86 Calories (kcal); trace Total Fat, (4% calories from fat); 1g Protein; 20g Carbohydrate; 1mg Cholesterol; 8mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. #0 0 0 0 0 0

\* Exported from MasterCook \*

### Orange Roughy with Red Peppers

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1	pound	orange roughy or other lean fish fillets
1	teaspoon	olive or vegetable oil
1	small	onion -- cut into thin slices
2	medium	red or green bell peppers -- cut into julienne strips
1	tablespoon	chopped fresh thyme
	OR	
1	teaspoon	dried thyme leaves
1/4	teaspoon	pepper

If fish fillets are large, cut into 4 serving pieces. Heat oil in 10-inch nonstick skillet. Layer onion and bell peppers in skillet; sprinkle with half of the thyme and pepper. Layer fish on bell peppers, sprinkle with remaining thyme and pepper. Cover and cook over low heat 15 minutes. Uncover and cook 10 to 15 minutes longer or until fish flakes easily with fork.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

You may notice that the nutritional information calculated by MasterCook

is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

Description:

"This dish also is delicious prepared with mahi mahi or red snapper."

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Per serving: 116 Calories (kcal); 2g Total Fat; (16% calories from fat); 18g Protein; 6g Carbohydrate; 23mg Cholesterol; 74mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; ■ Fat; ■ Other Carbohydrates

Nutr. Assoc. : 1010 986 0 4695 3413 0 2130706543 0

\* Exported from MasterCook \*

# Orange Trifle

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1	(16 ounce) package	white angel food cake mix
1	(1 1/8 ounce) package	sugar-free vanilla instant pudding and pie filling
		Skim milk
1	tablespoon	grated orange peel
1	(4 ounce) container	frozen whipped topping -- thawed
6	tablespoons	orange juice
1/4	cup	sliced almonds

Heat oven to 350°. Prepare cake mix as directed on package except divide batter between 2 ungreased loaf pans, 9 × 5 × 3 inches. Bake until tops are deep golden brown and cracks feel dry, 45 to 50 minutes. Do not

underbake. Immediately invert pans; cool cakes completely. Remove cakes from pans; freeze 1 cake for future use. Cut remaining cake into 1-inch cubes.

Prepare pudding and pie filling as directed on package except use skim milk. Fold orange peel and half of the whipped topping into pudding. Place one-third of the cake cubes in 2-quart serving bowl; sprinkle with 2 tablespoons of the orange juice. Spread one-third of the pudding mixture over cake cubes; repeat twice. Spread remaining whipped topping over top. Cover and refrigerate at least 3 hours. Sprinkle with almonds before serving.

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Per serving: 195 Calories (kcal); 3g Total Fat; (13% calories from fat); 4g Protein; 38g Carbohydrate; 0mg Cholesterol; 337mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. #2052 5740 0 0 2861 0 0

\* Exported from MasterCook \*

#### Oven-Fried Chicken

Recipe By :  
Serving Size : 6 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
2 1/2	pound	cut-up broiler-fryer chicken (2 1/2 to 3 1/2 pounds)
1	tablespoon	margarine or butter
2/3	cup	Bisquick® Reduced Fat baking mix
		OR
2/3	cup	Bisquick® Original baking mix
1 1/2	teaspoons	paprika
1 1/4	teaspoons	salt
1/4	teaspoon	pepper

Heat oven to 425°. Remove skin from chicken if desired. Heat margarine in rectangular baking dish or pan 13 × 9 = 2 inches in oven until melted. Mix baking mix, paprika, salt and pepper; coat chicken. Place skin sides down (meaty sides down if skinned) in pan (pan and margarine should be hot). Bake 35 minutes. Turn; bake about 15 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut.

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Per serving: 204 Calories (kcal); 9g Total Fat; (38% calories from fat); 20g Protein; 10g Carbohydrate; 57mg Cholesterol; 707mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 5829 4098 25091 0 2130706543 0 0 0

\* Exported from MasterCook \*

### Oven-Steamed Halibut with Garlic and Lemon

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	halibut or whitefish fillets -- cut into 6 serving pieces
2	cloves	garlic -- finely chopped
1/2	teaspoon	salt
1/4	teaspoon	pepper
1/3	cup	white wine
		OR
1/3	cup	apple juice
1 1/2	cups	julienne strips carrots (about 3 medium)
12	slices	lemon, 1/8 inch thick (about 2 medium)

Heat oven to 375°. Spray six 12-inch-square pieces of aluminum foil with nonstick cooking spray. Place 1 fish fillet in center of each piece of foil. Sprinkle fish with garlic, salt and pepper. Pour wine over fish. Place 1/4 cup carrots on each fillet. Top with 2 lemon slices. Wrap foil around fish; seal. Bake about 10 minutes or until fish flakes easily with fork.

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Per serving: 120 Calories (kcal); 1g Total Fat; (6% calories from fat); 21g Protein; 5g Carbohydrate; 49mg Cholesterol; 251mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; ■ Fat; 0 Other Carbohydrates

NOTES : Place the packets directly on the plates and serve-the aroma released when the foil is opened is wonderful. The fish is nice with potatoes, rice or pasta.

Nutr. Assoc. : 2747 0 0 0 0 0 2130706543 2495 3903

\* Exported from MasterCook \*

### Parmesan-Basil Perch

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
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1	pound	ocean perch or other lean fish fillets -- cut into 4 serving pieces
2	tablespoons	dry bread crumbs
1	tablespoon	grated Parmesan cheese
1	tablespoon	chopped fresh basil leaves
	OR	
1	teaspoon	dried basil leaves
1/2	teaspoon	paprika
		Dash pepper
1	tablespoon	margarine -- melted
2	tablespoons	chopped fresh parsley

Move oven rack to position slightly above middle of oven. Heat oven to 500°. Spray rectangular pan, 13 × 9 × 2 inches, with nonstick cooking spray. Mix ingredients except fish, margarine and parsley. Brush one side of fish with margarine; dip into crumb mixture. Place fish, coated sides up, in pan. Baked uncovered about 10 minutes or until fish flakes easily with fork. Sprinkle with parsley.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 153 Calories (kcal); 5g Total Fat; (32% calories from fat); 22g Protein; 3g Carbohydrate; 49mg Cholesterol; 172mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 4262 0 0 20028 0 2130706543 0 0 0 0

\* Exported from MasterCook \*

### Parmesan-Pepper Rolls

Recipe By :  
Serving Size : 12 Preparation Time : 0:00  
Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

2 1/4	cups	all-purpose flour
2	tablespoons	sugar
2	tablespoons	grated Parmesan cheese
1	teaspoon	salt
1/4	teaspoon	coarsely ground pepper
1	package	active dry yeast
1	cup	very warm water (120° to 130°)

- 2 egg whites
- OR
- 1/4 cup cholesterol-free egg product
- 2 tablespoons vegetable oil

Mix 1 1/4 cups of the flour, the sugar, cheese, salt, pepper and yeast in large bowl. Beat in water, egg whites and oil until smooth. Stir in remaining flour until smooth. Scrape batter from side of bowl. Cover and let rise in warm place about 30 minutes or until double.

Spray 12 medium muffin cups, 2 1/2 x 1 1/4 inches, with nonstick cooking spray. Stir down batter, beating about 25 strokes. Divide batter among muffin cups. Let rise uncovered 20 to 30 minutes or until batter rounds over tops of cups.

Heat oven to 400°. Bake 15 to 20 minutes or until golden brown.

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 Yield:  
 "12 Rolls"

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Per serving: 121 Calories (kcal); 3g Total Fat; (20% calories from fat); 3g Protein; 20g Carbohydrate; 1mg Cholesterol; 202mg Sodium  
 Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 5472 2130706543 0 3220 0

\* Exported from MasterCook \*

## Party Potatoes

Recipe By :

Serving Size : 24 Preparation Time :0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
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12		small new potatoes (about 1 1/2 pounds)
1/2	cup	fat-free sour cream
2	tablespoons	chopped fresh chives

Heat 1 inch water to boiling in 3-quart saucepan. Add potatoes. Cover and heat to boiling; reduce heat. Simmer 20 to 25 minutes or until tender, drain and cool. Cut potatoes in half; place cut sides up on serving tray. (Cut thin slice from bottom of each potato half, if necessary, to help stand upright.) Top each potato half with 1 teaspoon sour cream. Sprinkle with chives. Cover and refrigerate 2 hours or until chilled.

---

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Description:

"If you like potato salad, you'll enjoy these sophisticated appetizers."

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Yield:

"24 Appetizers"

T(Refrigerate):

"2:00"

-----

Per serving: 51 Calories (kcal); trace Total Fat; (1% calories from fat); 2g Protein; 12g Carbohydrate; 1mg Cholesterol; 7mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4219 0 0

\* Exported from MasterCook \*

### Pasta with Lemon and Herbs

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Meatless Pasta

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

6	ounces	uncooked vermicelli
2	tablespoons	chopped fresh basil
2	tablespoons	chopped fresh parsley
1	tablespoon	grated lemon peel
1/4	cup	lemon juice
3	tablespoons	olive or vegetable oil
1/2	teaspoon	coarsely ground pepper
1	medium	tomato -- chopped
1/3	cup	grated Parmesan cheese

Cook and drain vermicelli as directed on package. Toss vermicelli and remaining ingredients except cheese. Sprinkle with cheese.

-----  
Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

You may notice that the nutritional information calculated by MasterCook

is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

Description:

"This is a wonderful, light dish that is ready in about 20 minutes!"

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Per serving: 189 Calories (kcal); 8g Total Fat; (38% calories from fat); 5g Protein; 25g Carbohydrate; 3mg Cholesterol; 86mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 1569 0 0 20084 0 986 0 0 0

\* Exported from MasterCook \*

# Peach Bread Pudding

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
2	cups	cubed French bread (about four 1/2 inch thick slices)
2	medium	peaches -- peeled and chopped
		OR
2	cups	frozen (thawed) sliced peaches
1	cup	skim milk
1/4	cup	fat-free cholesterol-free egg product
		OR
1		egg
1/4	cup	peach or apricot spreadable fruit — melted
2	tablespoons	packed brown sugar
1/2	teaspoon	vanilla

Peach or apricot spreadable fruit — if desired

Heat oven to 350°. Spray loaf pan, 9 × 5 × 3 or 8 1/2 × 4 1/2 × 2 1/2 inches, with nonstick cooking spray. Toss bread and peaches in pan. Beat milk, egg product, melted spreadable fruit, brown sugar and vanilla with wire whisk or fork in medium bowl until blended. Pour evenly over bread and peaches.

Place loaf pan in rectangular pan, 13 × 9 × 2 inches, on oven rack. Pour boiling water into rectangular pan until 1 inch deep. Bake 30 to 35 minutes or until knife inserted in center comes out clean. Spread additional spreadable fruit over top of bread pudding for glaze. Cool 10 minutes; cut into 4 pieces. Serve warm. Cover and refrigerate any remaining bread pudding.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

You may notice that the nutritional information calculated by MasterCook is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

Description:

"This pudding is a real treat for people trying to watch their fat grams. Each serving has only 2 grams of fat!"

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Per serving: 154 Calories (kcal); 1g Total Fat, (3% calories from fat); 5g Protein; 32g Carbohydrate; 1mg Cholesterol; 147mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat, 0 Vegetable; 1 Fruit; 0 Fat, 1/2 Other Carbohydrates

Nutr. Assoc. #:20157 26349 0 2130706543 0 3220 0 2130706543 1107 0 0  
2130706543

\* Exported from MasterCook \*

## Peking Fish

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	plus 2 tablespoons water
1/4	cup	hoisin sauce
2	cloves	garlic -- finely chopped
2	tablespoons	grated gingerroot
2	tablespoons	soy sauce
1	tablespoon	seasoned rice vinegar
3	teaspoons	cornstarch
1	pound	halibut, monkfish or sea bass fillets -- 1 inch thick
2	teaspoons	dry sherry
		OR
2	teaspoons	water
1	teaspoon	chili oil
1	pound	broccoli -- cut into flowerets and 2 = 1/2-inch pieces (4 cups)
3	small	carrots -- roll-cut
1	medium	yellow or red bell pepper -- cut into 3/4-inch pieces
1	small	red onion -- cut into wedges

Mix 1/2 cup of the water, the hoisin sauce, garlic, gingerroot, soy sauce, vinegar and 2 teaspoons of the cornstarch. Cut fish into 3/4-inch pieces. Mix remaining 1 teaspoon cornstarch and the sherry in medium glass or plastic bowl. Stir in fish until coated.

Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add 1/2 teaspoon of the chili oil; rotate wok to coat sides. Add fish; stir-fry about 2 1/2 minutes or until fish flakes easily with fork. Remove fish from wok.

Add remaining 1/2 teaspoon chili oil to wok. Add broccoli, carrots, bell pepper, onion and remaining 2 tablespoons water. Cover and cook 5 to 7



minutes, stirring frequently, until vegetables are crisp-tender (add water if necessary to prevent sticking). Stir in hoisin sauce mixture; cook and stir until thickened. Stir in fish; heat through.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 215 Calories (kcal); 4g Total Fat; (15% calories from fat); 21g Protein; 25g Carbohydrate; 29mg Cholesterol; 834mg Sodium  
 Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 3 Vegetable; ■ Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : The low-fat technique of braise-deglazing is basically stir-frying using very little cooking oil. Use a small amount of water or broth to prevent sticking and ensure that food browns attractively.

Nutr. Assoc. : 1582 0 0 0 0 0 914 2130706543 0 0 4267 0 0 5630 0

\* Exported from MasterCook \*

### Peppercorn Steaks with Brandied Cream Sauce

Recipe By :  
 Serving Size : 6 Preparation Time : 0:00  
 Categories : Beef Grilling  
 Meat

Amount	Measure	Ingredient -- Preparation Method
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- 3     tablespoons cracked black pepper
- 6             beef boneless sirloin steaks -- about 3/4 inch thick
- 1     tablespoon margarine or butter
- 1/4     cup finely chopped shallots or green onions
- 1/4     cup brandy
- OR
- 1/4     cup beef broth
- 1/2     cup beef broth
- 1/2     cup sour cream

Heat coals or gas grill. Press pepper onto both sides of beef. Cover and grill beef 4 to 6 inches from medium heat 10 to 15 minutes for medium doneness, turning once.

Melt margarine in 1-quart saucepan over medium heat. Cook shallots in margarine about 2 minutes, stirring occasionally, until tender. Stir in brandy and broth. Cook over medium-high heat about 5 minutes, stirring occasionally, until mixture is slightly reduced. Stir in sour cream. Serve with beef.

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Per serving: 194 Calories (kcal); 9g Total Fat; (40% calories from fat); 25g Protein; 4g Carbohydrate; 70mg Cholesterol; 243mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 960 2394 20029 2130706543 0 0 0 0

\* Exported from MasterCook \*

## Peppered Beef with Pasta

Recipe By :

Serving Size : 2 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	beef boneless sirloin steak -- about 1/2 inch thick
1/2	teaspoon	coarsely ground pepper
2	tablespoons	tomato paste
1	tablespoon	red wine vinegar
1	teaspoon	chopped fresh thyme leaves
	OR	
1/2	teaspoon	dried thyme leaves
1	medium	bell pepper -- chopped (1 cup)
1	small	onion -- chopped (1/4 cup)
2	cups	hot cooked farfalle (bow-tie) pasta or soba noodles (2 ounces)

Cut beef into 2 serving pieces. Rub both sides of beef with coarsely ground pepper. Heat 10-inch nonstick skillet over medium-high heat. Cook beef in skillet 4 minutes on each side, turning once. Stir in remaining ingredients except pasta. Reduce heat to medium-low. Cook uncovered about 5 minutes, stirring occasionally, until beef is medium doneness (160°). Serve sauce over beef and pasta.

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Per serving: 366 Calories (kcal); 7g Total Fat; (16% calories from fat); 24g Protein; 52g Carbohydrate; 42mg Cholesterol; 177mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #27220 0 0 0 3413 0 2130706543 0 0 2836 0

\* Exported from MasterCook \*

### Picnic Pasta Salad

Recipe By :  
Serving Size : 12 Preparation Time : 0:00  
Categories : Breads and Sides      Salads

Amount	Measure	Ingredient -- Preparation Method
1	(16 ounce) package	uncooked rotini pasta
1	(8 ounce) can	tomato sauce
1	cup	fat-free Italian dressing
1	tablespoon	chopped fresh basil leaves
	OR	
1	teaspoon	dried basil leaves
1	tablespoon	chopped fresh oregano leaves
	OR	
1	teaspoon	dried oregano leaves
1	cup	sliced mushrooms (3 ounces)
5		Roma (plum) tomatoes -- coarsely chopped (1 1/2 cups)
1	large	cucumber -- coarsely chopped (about 1 1/2 cups)
1	medium	red onion -- chopped
1	(2 1/4 ounce) can	sliced ripe olives -- drained
		Fresh basil leaves -- if desired

Sliced tomatoes --if desired

Cook and drain pasta as directed on package. Rinse with cold water, drain.  
Mix tomato sauce, dressing, basil and oregano in large bowl. Add remaining ingredients; toss. Cover and refrigerate about 2 hours or until chilled.  
Garnish with basil and tomatoes.

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Per serving: 175 Calories (kcal); 1g Total Fat; (6% calories from fat); 6g Protein; 35g Carbohydrate; 0mg Cholesterol; 447mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4785 0 25018 20028 0 2130706543 3390 0 2130706543 4977  
26401 0 0 4971 2130706543 2130706543

\* Exported from MasterCook \*

### Pineapple-Lemon Upside-Down Cake

Recipe By :  
Serving Size : 8 Preparation Time : 0:00  
Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

- 
- 1 (8 1/4 ounce) can crushed pineapple in juice -- drained and juice reserved
  - 1 (1/3 ounce) package sugar-free lemon- or orange-flavored gelatin
  - 2 eggs
  - 1 egg white
  - 3/4 cup sugar
  - 1 teaspoon vanilla
  - 3/4 cup all-purpose flour
  - 1 teaspoon baking powder
  - 1/4 teaspoon salt

Heat oven to 375°. Line round pan, 9 × 1 1/2 inches, with waxed paper, spray with nonstick cooking spray. Spread pineapple evenly in pan; sprinkle with gelatin (dry).

Beat eggs and egg white in small bowl on high speed until very thick and lemon colored, about 5 minutes; pour into medium bowl. Gradually beat in sugar. Add enough water to reserved pineapple juice to measure 1/3 cup. Beat in pineapple juice and vanilla on low speed. Gradually add flour, baking powder and salt, beating just until batter is smooth. Pour into pan.

Bake until wooden toothpick inserted in center comes out clean, 25 to 30 minutes. Immediately loosen cake from edge of pan; invert pan on heatproof serving plate. Carefully remove waxed paper. Serve warm.

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Per serving: 157 Calories (kcal); 1g Total Fat; (7% calories from fat); 4g Protein; 33g Carbohydrate; 47mg Cholesterol; 175mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. # 0 3512 3218 0 0 0 0 0 0

\* Exported from MasterCook \*

### Poached Raspberry Pears

Recipe By :  
 Serving Size : 6 Preparation Time : 0:00  
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	seedless raspberry spreadable fruit
1	cup	apple juice
2	teaspoons	grated lemon peel
2	tablespoons	lemon juice
3		firm Bosc pears -- peeled and cut into fourths

Mix all ingredients except pears in 10-inch skillet. Add pears. Heat to boiling; reduce heat to medium-low. Simmer uncovered 30 minutes, spooning juice mixture over pears and turning every 10 minutes, until pears are tender. Serve warm or chilled.

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Per serving: 123 Calories (kcal); trace Total Fat; (2% calories from fat); trace Protein; 31g Carbohydrate; 0mg Cholesterol; 1mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fruit; ■ Fat; 0 Other Carbohydrates

NOTES : Bosc pears are perfect here, as they hold up well to cooking; firm  
Anjou's can also be used. Apricot spreadable fruit would make a  
nice flavor and color variation in place of the raspberry.

Nutr. Assoc. : 0 0 20084 0 1079

\* Exported from MasterCook \*

### Poached Salmon with Dilled Cucumbers

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

4		salmon steaks (1 1/2 pounds)
1	tablespoon	chopped fresh dill weed
		OR
1/2	teaspoon	dried dill weed
1/4	teaspoon	salt
1/4	cup	water
1	tablespoon	lemon juice
		Dilled Cucumbers -- (recipe follows)

#### DILLED CUCUMBERS

1	medium	cucumber -- peeled
1	tablespoon	chopped fresh dill weed
		OR
1	teaspoon	dried dill weed
1	tablespoon	white vinegar
1 1/2	teaspoons	sugar
1/4	teaspoon	salt



Place fish in 10-inch nonstick skillet. Sprinkle with dill weed and salt. Pour water and lemon juice into skillet. Heat to boiling; reduce heat. Cover and cook 15 to 20 minutes or until fish flakes easily with fork. Meanwhile, prepare Dilled Cucumbers. Serve over fish.

#### DILLED CUCUMBERS:

Cut cucumber lengthwise in half; seed and cut into thin slices. Mix cucumber and remaining ingredients in 1 1/2-quart saucepan. Cook over high heat 1 to 2 minutes, stirring frequently, until cucumber is crisp-tender.

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Per serving: 215 Calories (kcal); 6g Total Fat; (25% calories from fat); 34g Protein; 4g Carbohydrate; 88mg Cholesterol; 383mg Sodium  
Food Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; ■ Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 3404 3360 0 2130706543 0 0 0 2130706543 ■ 0 0 3360 0  
2130706543 0 0 0

\* Exported from MasterCook \*

Polenta with Italian Vegetables

Recipe By :

Serving Size : 6    Preparation Time :0:00

Categories : Meatless

Amount    Measure    Ingredient -- Preparation Method

---

1            cup yellow cornmeal  
   3/4        cup cold water  
 2 1/2       cups boiling water  
   1/2        teaspoon salt  
   2/3        cup shredded Swiss cheese (about 2 1/2 ounces)  
 2            teaspoons olive or vegetable oil  
 2            cups sliced yellow squash  
 1            cup sliced zucchini  
 1            cup chopped red bell pepper (about 1 medium)  
   1/4        cup finely chopped onion (about 1 small)  
 1            clove garlic -- crushed  
   1/4        cup chopped fresh basil  
             OR  
 1            tablespoon dried basil leaves  
 1            (14 ounce) can artichoke hearts -- drained and cut into fourths

Mix cornmeal and cold water in 2-quart saucepan. Stir in boiling water and salt. Cook, stirring constantly, until mixture thickens and boils; reduce heat. Cover and cook 10 minutes, stirring occasionally. Add cheese and stir until smooth; keep polenta warm.

Heat oil in 10-inch skillet over medium-high heat. Cook squash, zucchini, bell pepper, onion and garlic in oil about 5 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in basil and artichokes. Spoon polenta into shallow platter; top with vegetable mixture.

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Per serving: 199 Calories (kcal); 6g Total Fat; (24% calories from fat); 9g Protein; 30g Carbohydrate; 12mg Cholesterol; 280mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 26154 986 5654 0 20164 20034 0 0 ■ 2130706543 42

\* Exported from MasterCook \*

### Poppy Seed Drop Scones

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1	cup	whole wheat flour
1	cup	all-purpose flour
1/2	cup	old-fashioned or quick-cooking oats
1/2	cup	currants
1	tablespoon	poppy seed
1 1/2	teaspoons	baking powder
1/2	teaspoon	baking soda
1/2	teaspoon	salt
1	tablespoon	margarine
1	cup	fat-free buttermilk
1/4	cup	fat-free cholesterol-free egg product
		OR
2		egg whites

Heat oven to 375°. Spray cookie sheet with nonstick cooking spray. Mix all ingredients except margarine, buttermilk and egg product in large bowl.

Cut in margarine with fork. Mix buttermilk and egg product; stir into

flour mixture.

Drop dough by 1/4 cupfuls onto cookie sheet. Bake about 20 minutes or until golden brown. Remove from cookie sheet. Serve warm.

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Yield:  
"12 Scones"

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Per serving: 125 Calories (kcal); 2g Total Fat; (13% calories from fat); 4g Protein; 23g Carbohydrate; 1mg Cholesterol; 243mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 20223 3024 1156 0 0 0 0 26420 3220 0 2130706543

\* Exported from MasterCook \*

#### Pork and Black Bean Sauce

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Meat Pork

Amount	Measure	Ingredient	Preparation Method
--------	---------	------------	--------------------

- 1/4 cup stir-fry sauce
- 2 tablespoons black bean sauce
- 3/4 pound pork boneless loin or leg -- cut into 2 x 1 x 1/8-inch strips
- 1 cup frozen green peas
- 1 medium zucchini -- cut into 1/4-inch slices (2 cups)
- 1 medium red bell pepper -- cut into 1-inch pieces

Mix stir-fry sauce and bean sauce. Spray wok or 12-inch skillet with nonstick cooking spray. Heat over high heat until hot. Add pork; stir-fry about 3 minutes or until no longer pink in center. Add peas, zucchini and bell pepper; stir-fry 2 minutes. Stir in stir-fry sauce mixture. Cook and stir 1 minute.

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Per serving: 139 Calories (kcal); 4g Total Fat; (23% calories from fat); 15g Protein; 12g Carbohydrate; 27mg Cholesterol; 688mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 4575 0 0 0

\* Exported from MasterCook \*

Pork Fajitas

Recipe By :

Serving Size : 4    Preparation Time : 0:00

Categories : Meat                      Pork

Amount   Measure      Ingredient -- Preparation Method

---

3/4	pound	lean pork tenderloin
2	tablespoons	lime juice
1	tablespoon	vegetable oil
2	cloves	garlic -- sliced
2	teaspoons	chili powder
1	teaspoon	garlic powder
1/2	teaspoon	salt
1/4	teaspoon	pepper
4		flour tortillas (8-inch)
1	medium	onion -- sliced
1	medium	green or red bell pepper -- cut into 1/4-inch strips
3/4	cup	chopped seeded tomato (about 1 medium)
1/4	cup	reduced-fat sour cream

Trim fat from pork tenderloin; cut with grain into 2-inch strips. Cut strips across grain into 1/4-inch slices. (For ease in cutting, partially freeze pork, about 1 1/2 hours.) Mix lime juice, oil, garlic, chili powder, garlic powder, salt and pepper in glass or plastic bowl or heavy plastic bag. Place pork in bowl, tossing to coat. Cover and refrigerate at least 8 hours but no longer than 24 hours, turning pork occasionally.

Heat oven to 350°. Wrap tortillas in foil and heat until warm, about 15 minutes. Remove from oven; keep wrapped. Remove pork from marinade. Heat 10-inch nonstick skillet or wok over medium-high heat until drops of water bubble and skitter when sprinkled in skillet. Add pork; stir-fry 4 minutes. Add onion and bell pepper; stir-fry until vegetables are crisp-tender, 4 to 5 minutes longer.

For each serving, place one-fourth of the pork mixture, chopped tomato and sour cream in center of tortilla. Fold tortilla over filling; serve with lime wedges if desired.

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Per serving: 296 Calories (kcal); 10g Total Fat; (30% calories from fat); 23g Protein; 28g Carbohydrate; 47mg Cholesterol; 498mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 9130 0 0 0 0 0 0 1664 0 3572 20183 4055

\* Exported from MasterCook \*

# Pork Loin Roast with Rosemary Brush

Recipe By :  
 Serving Size : 16 Preparation Time :0:00  
 Categories : Grilling Meat  
 Pork

Amount	Measure	Ingredient -- Preparation Method
3	tablespoons	vegetable oil
1	tablespoon	chopped fresh rosemary leaves
		OR
1	teaspoon	dried rosemary leaves -- crushed
1	large clove	garlic -- finely chopped
1/3	cup	dry sherry, dry white wine
		OR
1/3	cup	nonalcoholic white wine
1/2	teaspoon	salt
1/4	teaspoon	coarsely ground pepper

4 pounds pork boneless top loin roast  
Fresh rosemary sprigs

Heat oil in 10-inch skillet over medium heat. Cook chopped rosemary and garlic in oil, stirring frequently, until garlic is golden; remove from heat. Stir in sherry, salt and pepper.

Brush grill rack with vegetable oil. Heat coals or gas grill for indirect heat. Insert spit rod lengthwise through center of pork; hold firmly in place with adjustable holding forks. Cover and grill pork on rotisserie over drip pan and 4 inches from medium-low heat 2 to 2 1/2 hours, brushing frequently with sherry mixture using rosemary sprigs as a "brush," until meat thermometer reads 160°F.

Remove spit rod, holding forks and thermometer. Discard any remaining sherry mixture. Cover pork with a tent of aluminum foil and let stand 15 minutes before slicing.

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Per serving: 160 Calories (kcal); 7g Total Fat; (45% calories from fat); 20g Protein; trace Carbohydrate; 51mg Cholesterol; 109mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates



NOTES : If fresh rosemary sprigs aren't available to use as a brush for the marinade, use an ordinary basting brush.

Nutr. Assoc. : 0 26055 0 2130706543 0 3181 0 2130706543 ■ 0 26384 ■

\* Exported from MasterCook \*

### Pork Sausages with Apples and Onions

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Grilling Meat  
Pork

Amount Measure Ingredient -- Preparation Method

---

1/4	cup	maple-flavored syrup	
2	tablespoons	packed brown sugar	
2	large	apples -- sliced	
1	large	sweet onion (Vidalia, Walla Walla) -- sliced	
2	(8 ounce) packages	pork sausages	

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Mix maple syrup and brown sugar. Place apple and onion slices on 18-inch square of aluminum foil. Brush with half of the syrup mixture. Wrap foil securely around apples and onions.

Cover and grill sausages and foil packet 4 to 5 inches from medium heat 15 minutes, turning sausages occasionally. Continue grilling about 5 minutes longer, brushing sausages with remaining syrup mixture, until sausages are no longer pink in center. Discard any remaining syrup mixture.

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Description:

"These sausages make an easy summer brunch or breakfast—just add fresh fruit and muffins for an outdoor feast."

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Per serving: 206 Calories (kcal); 11g Total Fat; (46% calories from fat); 9g Protein; 19g Carbohydrate; 41mg Cholesterol; 290mg Sodium  
Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 866 0 29 5203 5826

\* Exported from MasterCook \*

# Provençal Fish Kabobs

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Grilling Seafood

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1/2	cup	red wine vinegar
1	tablespoon	vegetable oil
2	teaspoons	chopped fresh tarragon leaves
		OR
1/2	teaspoon	dried tarragon leaves
2	teaspoons	chopped fresh thyme
		OR

- 1/2 teaspoon dried thyme leaves
- 1 pound tuna or swordfish steaks — cut into 2-inch pieces
- 1 small eggplant (1 pound)
- 2 cups cherry tomatoes
- 1/2 pound medium whole mushrooms
- 6 large cloves garlic -- peeled

Mix vinegar, oil, tarragon and thyme in shallow nonmetal dish or heavy-duty resealable plastic bag. Add fish, stirring to coat with marinade. Cover dish or seal bag and refrigerate 20 minutes.

Brush grill with vegetable oil. Heat coals or gas heat for direct heat. Remove fish from marinade; reserve marinade. Cut eggplant into 1-inch slices; cut slices into fourths. Thread fish, eggplant, tomatoes and mushrooms alternately on each of six 15-inch skewers, leaving space between each. Thread 1 clove garlic on end of each skewer.

Cover and grill kabobs 5 to 6 inches from medium heat 12 to 15 minutes, turning and brushing 2 to 3 times with marinade, until fish flakes easily with fork. Discard any remaining marinade.

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Per serving: 177 Calories (kcal); 6g Total Fat; (31% calories from fat); 20g Protein; 11g Carbohydrate; 29mg Cholesterol; 39mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 2130706543 0 1484 2130706543 ■ 1492 27019 26407 2557  
4196 0

\* Exported from MasterCook \*

### Pumpkin-Fruit Bread

Recipe By :  
Serving Size : 24 Preparation Time :0:00  
Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1	cup	canned pumpkin
2/3	cup	packed brown sugar
3	tablespoons	vegetable oil
1	teaspoon	vanilla
3		egg whites
		OR
1/2	cup	cholesterol-free egg product
1 1/2	cups	all-purpose flour
1/2	cup	diced dried fruit and raisin mixture
2	teaspoons	baking powder
3/4	teaspoon	ground cinnamon
1/2	teaspoon	salt
1/4	teaspoon	ground cloves

Heat oven to 350°. Spray loaf pan, 9 × 5 × 3 or 8 1/2 × 4 1/2 × 2 1/2 inches, with nonstick cooking spray. Mix pumpkin, brown sugar, oil, vanilla and egg whites in large bowl. Stir in remaining ingredients just until moistened. Pour into pan.

Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of loaf from pan; remove from pan. Cool completely on wire rack before slicing. Store tightly wrapped in

refrigerator up to 1 week.

1 loaf (24 slices)

---

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Yield:  
"1 Loaf"

-----

Per serving: 78 Calories (kcal); 2g Total Fat; (20% calories from fat); 1g Protein; 14g Carbohydrate; 0mg Cholesterol; 95mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 2130706543 0 515 0 0 0 3615

\* Exported from MasterCook \*

### Quick Jambalaya

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
2	teaspoons	margarine or butter
1	large	onion -- chopped (1 cup)

- 1 medium stalk celery -- chopped (1/2 cup)
- 1 small green bell pepper -- chopped (1/2 cup)
- 2 cloves garlic -- finely chopped
- 1 cup peeled and deveined raw small shrimp (1/2 pound) -- thawed if frozen
- 1/2 cup fat-free reduced-sodium chicken broth
- 1/2 teaspoon dried basil leaves
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon pepper
- 1/8 teaspoon red pepper sauce
- 1 bay leaf
- 1 (14 1/2 ounce) can diced tomatoes -- undrained
- 3 cups cooked quick-cooking brown or instant rice

Melt margarine in 3-quart saucepan over medium-high heat. Cook onion, celery, bell pepper and garlic in margarine, stirring frequently, until onion is tender. Stir in remaining ingredients except rice. Heat to boiling; reduce heat. Cover and simmer 5 minutes. Stir in rice. Cover and let stand 10 minutes. Remove bay leaf.

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Per serving: 246 Calories (kcal); 3g Total Fat; (11% calories from fat); 18g Protein; 37g Carbohydrate; 90mg Cholesterol; 339mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Because quick-cooking brown rice is fast to prepare, you'll have time to cook it while the shrimp mixture cooks. Brown rice has

more fiber than white rice, and many people prefer it because of its nutty flavor.

Nutr. Assoc. : 4098 0 0 0 0 4991 20116 3091 3159 ■ 1471 ■ 2470 637

\* Exported from MasterCook \*

### Quick Tomato Salsa

Recipe By :

Serving Size : 64 Preparation Time : 0:00

Categories : Appetizers Dips, Spreads & Salsas

Amount	Measure	Ingredient -- Preparation Method
2	(14 1/2 ounce) cans	Mexican-style stewed tomatoes -- undrained
1	(4 ounce) can	chopped green chilis -- drained
8	medium	green onions -- chopped (1/2 cup)
1	small	green bell pepper -- chopped (1/2 cup)
1	clove	garlic -- finely chopped
1/2	cup	chopped fresh cilantro
	Dash	chili powder
		Baked Pita Chips -- (see recipe)
		OR
		Spicy Tortilla Chips -- (see recipe)
		OR
		Tortilla chips -- if desired

Place all ingredients except tortilla chips in blender. Cover and blend on medium speed until blended but still chunky. Cover and refrigerate until serving. Serve with tortilla chips.

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analysis programs and different nutrient databases, variations in results are expected.

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Yield:  
"4 Cups"

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Per serving: 16 Calories (kcal); trace Total Fat, (6% calories from fat); 1g Protein; 3g Carbohydrate; 0mg Cholesterol; 46mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Do-Ahead Directions: Store tightly covered in refrigerator up to 5 days.  
Nutr. Assoc. : 213 27203 3585 0 0 0 0 2130706543 0 2130706543 0 2130706543

\* Exported from MasterCook \*

### Baked Pita Chips

Recipe By :  
Serving Size : 8 Preparation Time : 0:00  
Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
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4		whole wheat pita breads (6 inches in diameter)
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Heat oven to 400°. Cut around outside edges of pita breads to separate layers. Cut each layer into 8 wedges. Place in single layer on 2 ungreased cookie sheets. Bake about 9 minutes or until crisp and light brown; cool.

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T(Bake):  
"0:09"

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Per serving: 85 Calories (kcal); 1g Total Fat; (8% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 170mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26190

\* Exported from MasterCook \*

### Spicy Tortilla Chips

Recipe By :  
Serving Size : 96 Preparation Time :0:00  
Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	margarine -- melted
1/2	teaspoon	chili powder
8		corn tortillas
		OR
8		flour tortillas (8 inches in diameter)

Heat oven to 400°. Mix margarine and chili powder, brush on one side of tortillas. Cut each into 12 wedges. Place on ungreased jelly roll pan, 15 1/2 × 10 1/2 × 1 inch. Bake uncovered 8 to 10 minutes or until crisp and golden brown; cool. (Tortillas will continue to crisp as they cool.)

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Yield:  
"96 chips"

-----

Per serving: 7 Calories (kcal); trace Total Fat; (37% calories from fat); trace Protein; 1g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 2883 0 2130706543

\* Exported from MasterCook \*

### Rainbow Seafood Pasta

Recipe By :  
Serving Size : 8 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1	pound	fresh or frozen raw medium shrimp in shells
2	teaspoons	vegetable oil
1	medium	onion -- chopped (1/2 cup)
2	cloves	garlic -- finely chopped
2	tablespoons	cornstarch
1 3/4	cups	clam- and tomato-flavored cocktail

1/2 pound bay scallops  
 2 cups 1/4-inch slices yellow squash (2 small)  
 1 medium green bell pepper -- cut into 1/4-inch strips  
 2 tablespoons chopped fresh basil leaves  
 OR  
 2 teaspoons dried basil leaves  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 6 cups cooked tricolor rotini pasta  
 1 large tomato -- coarsely chopped (1 cup)  
 2 tablespoons chopped fresh parsley  
 2 tablespoons Parmesan cheese -- if desired

Peel shrimp. (If shrimp are frozen, do not thaw; peel in cold water.) Make a shallow cut lengthwise down back of each shrimp; wash out vein. Heat oil in nonstick Dutch oven over medium heat. Cook onion and garlic in oil, stirring occasionally, until onion is tender. Mix cornstarch and clam- and tomato-flavored cocktail; stir into onion mixture. Cook and stir until thickened and bubbly. Stir shrimp, scallops, squash, bell pepper, basil, salt and pepper into onion mixture. Cover and cook about 5 minutes or until scallops are white, shrimp are pink and vegetables are crisp-tender. Stir in pasta, tomato and parsley; heat through. Sprinkle with Parmesan cheese.

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Per serving: 301 Calories (kcal); 4g Total Fat; (10% calories from fat); 23g Protein; 43g Carbohydrate; 97mg Cholesterol; 635mg Sodium

Food Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1372 0 0 0 0 2715 4847 5745 0 20028 ■ 2130706543 0 ■ 2845 0  
0 0

\* Exported from MasterCook \*

### Raita Pasta with Spicy Steak

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount Measure Ingredient -- Preparation Method

-----  
1/2 Spicy Rub -- (recipe follows)  
1/2 pound beef flank steak  
1 1/2 cups uncooked gemelli (twists) pasta (6 ounces)  
1 cup plain yogurt  
1/2 large tomato (1/2 cup) -- seeded and diced  
1/2 medium cucumber (1/2 cup) -- seeded and diced  
1/4 cup chopped fresh cilantro or parsley  
1/4 teaspoon salt

#### SPICY RUB

1 1/2 teaspoons olive or vegetable oil  
1/2 teaspoon ground cumin  
1/4 teaspoon crushed red pepper  
1/4 teaspoon salt  
1/8 teaspoon ground red pepper (cayenne)  
1/8 teaspoon chili powder  
1 clove garlic -- finely chopped

Prepare Spicy Rub; rub mixture on both sides of beef. Cover and refrigerate 1 hour. Cook and drain pasta as directed on package. Mix yogurt, tomato, cucumber, cilantro and salt in large bowl; toss with pasta.

Set oven control to broil. Grease broiler pan rack. Place beef on rack in broiler pan. Broil with top about 3 inches from heat about 5 minutes or until brown. Turn beef; broil 4 to 6 minutes longer for medium doneness or until desired doneness. Cut beef diagonally into very thin slices. Serve with pasta mixture.

#### SPICY RUB:

Mix all ingredients.

Grilling Directions: Heat coals or gas grill. Grill rubbed beef uncovered 4 to 5 inches from medium heat 6 to 8 minutes on each side for medium doneness, turning occasionally, or until desired doneness.

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#### Description:

"This Indian-influenced dish takes raita—the typical yogurt-chopped vegetable accompaniment—and adds a pasta twist."

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Per serving: 289 Calories (kcal); 7g Total Fat; (22% calories from fat); 20g Protein; 35g Carbohydrate; 41mg Cholesterol; 335mg Sodium  
Food Exchanges: 2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2130706543 2228 4363 0 3872 26365 20056 0 0 0 986 0 0 0  
2514 0 0

\* Exported from MasterCook \*

## Raspberry Bread Pudding

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
4	cups	2-inch cubes day-old bread (5 to 7 slices)
1	cup	fresh raspberries
1/2	cup	raisins
2 1/2	cups	low-fat milk
1/2	cup	cholesterol-free egg product
2	tablespoons	packed brown sugar
1	teaspoon	vanilla
1/2	teaspoon	ground cinnamon
1/4	teaspoon	ground nutmeg

Heat oven to 350°. Spray square baking dish, 8 x 8 x 2 inches, with nonstick cooking spray. Mix all ingredients; let stand 15 minutes. Spread mixture in baking dish. Place baking dish in rectangular pan, 13 x 9 x 2 inches, on oven rack. Pour boiling water into pan until 1 inch deep. Bake 25 to 30 minutes or until brown.

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Per serving: 197 Calories (kcal); 2g Total Fat; (10% calories from fat); 8g Protein; 37g Carbohydrate; 4mg Cholesterol; 255mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit, 1/2 Fat, 1/2 Other Carbohydrates

NOTES : Stale bread that is not quite totally dried out is best for this bread pudding. White, whole wheat or cinnamon-raisin bread all work equally well. If using cinnamon-raisin bread, omit raisins and cinnamon from recipe. Blueberries also make a nice substitution for the raspberries.

Nutr. Assoc. : 2337 1232 4680 4038 3220 0 0 0 0

\* Exported from MasterCook \*

### Raspberry Brûlée

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
1	cup	raspberries
1/3	cup	sugar
2	tablespoons	cornstarch
1/4	teaspoon	salt
2	cups	nonfat half-and-half
		OR
2	cups	skim milk
1/2	teaspoon	vanilla
4	teaspoons	packed brown sugar

Place raspberries evenly in bottom of four 10-ounce custard cups or ramekins. Mix sugar, cornstarch and salt in 2-quart saucepan. Stir in half-and-half. Heat to boiling over medium heat, stirring frequently. Stir in vanilla. Spoon over raspberries.

Set oven control to broil. Sprinkle 1 teaspoon brown sugar over mixture in each custard cup. Broil with tops 4 to 6 inches from heat 2 to 3 minutes or just until brown sugar is melted. Serve immediately. Cover and refrigerate any remaining desserts.

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Description:

"This dessert isn't just low-fat, it's easy! Crème brûlée, a restaurant favorite, can now be made quickly and deliciously at home."

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Per serving: 78 Calories (kcal); trace Total Fat; (2% calories from fat); 2g Protein; 17g Carbohydrate; 1mg Cholesterol; 99mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 1232 0 0 0 2130706543 0 0 0 0

\* Exported from MasterCook \*

### Raspberry Jelly Roll

Recipe By :

Serving Size : 10 Preparation Time : 0:00

Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
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3		eggs
1	cup	granulated sugar
1/3	cup	water



1       teaspoon vanilla  
3/4       cup all-purpose flour  
      OR  
1       cup cake flour  
1       teaspoon baking powder  
1/4     teaspoon salt  
      Powdered sugar  
2/3     cup raspberry jelly or jam (about)

Heat oven to 375°. Line jelly roll pan, 15 1/2 × 10 1/2 × 1 inch, with cooking parchment paper, aluminum foil or waxed paper, generously grease foil or waxed paper. Beat eggs in small bowl with electric mixer on high speed about 5 minutes or until very thick and lemon colored. Pour eggs into medium bowl. Gradually beat in granulated sugar. Beat in water and vanilla on low speed. Gradually add flour, baking powder and salt, beating just until batter is smooth. Pour into pan, spreading to corners.

Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Immediately loosen cake from edges of pan and turn upside down onto towel generously sprinkled with powdered sugar. Carefully remove paper. Trim off stiff edges of cake if necessary. While hot, carefully roll cake and towel from narrow end. Cool on wire rack ■ least 30 minutes.

Unroll cake and remove towel. Beat jelly slightly with fork to soften; spread over cake. Roll up cake. Sprinkle with powdered sugar.

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Per serving: 190 Calories (kcal); 1g Total Fat; (6% calories from fat); 3g Protein; 43g Carbohydrate; 56mg Cholesterol; 128mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates

Nutr. Assoc. : 3218 0 0 0 2130706543 0 0 0 0 0 4684

\* Exported from MasterCook \*

### Raspberry Marbled Brownies

Recipe By :

Serving Size : 48 Preparation Time : 0:00

Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
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-----		
		Cream Cheese Filling -- (recipe follows)
1	cup	margarine or butter (2 sticks)
4	ounces	unsweetened chocolate
2	cups	sugar
2	teaspoons	vanilla
4		eggs
1 1/2	cups	all-purpose flour
1/2	teaspoon	salt
1	cup	coarsely chopped nuts -- if desired
1/3	cup	raspberry jam or preserves

#### CREAM CHEESE FILLING

1	(8 ounce) package	cream cheese -- softened
1/4	cup	sugar
1	teaspoon	ground cinnamon
1 1/2	teaspoons	vanilla
1		egg

Heat oven to 350°. Grease square pan, 9 × 9 × 2 inches. Prepare Cream Cheese Filling. Melt margarine and chocolate over low heat, stirring occasionally; cool.

Beat chocolate mixture, sugar, vanilla and eggs in medium bowl with

electric mixer on medium speed 1 minute, scraping bowl occasionally. Beat in flour and salt on low speed 30 seconds, scraping bowl occasionally. Beat on medium speed 1 minute. Stir in nuts.

Spread half of the batter in pan. Spread with filling. Gently spread remaining batter over filling. Drop jam by scant teaspoonfuls randomly over batter. Gently swirl through batter, filling and jam with spoon in an over-and-under motion for marbled design.

Bake 55 to 65 minutes or until toothpick inserted in center comes out clean; cool. Cut into about 1 1/2 x 1-inch bars.

#### CREAM CHEESE FILLING:

Beat all ingredients in small bowl with electric mixer on medium speed 2 minutes, scraping bowl occasionally.

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Yield:  
"48 Bars"

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Per serving: 126 Calories (kcal); 7g Total Fat; (49% calories from fat); 2g Protein; 15g Carbohydrate; 25mg Cholesterol; 88mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 2130706543 4098 0 0 0 3218 0 0 2130706543 4684 0 0 0 0 0 0  
0

\* Exported from MasterCook \*

## Raspberry-Peach Chicken

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	fresh or frozen unsweetened raspberries
1	small	peach -- peeled and sliced
2	tablespoons	peach brandy
	OR	
2	tablespoons	apple juice
2	tablespoons	honey
1/4	cup	all-purpose flour
1/4	teaspoon	salt
1/4	teaspoon	pepper
4		skinless boneless chicken breast halves (about 1 pound)
1	tablespoon	vegetable oil

Place raspberries, peach slices, brandy and honey in blender or food processor. Cover and blend on high speed about 1 minute or until smooth. Heat blended mixture in 1-quart saucepan until hot; reduce heat. Keep warm.

Mix flour, salt and pepper. Coat chicken with flour mixture. Heat oil in 10-inch skillet over medium heat. Cook chicken in oil 12 to 14 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut.

Spoon some of the raspberry sauce on serving plate. Place chicken on sauce. Drizzle with additional sauce. Garnish with additional raspberries if desired.

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Description:

"A wedding anniversary? The boss coming over for dinner? This recipe is perfect for any special occasion."

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Per serving: 243 Calories (kcal); 5g Total Fat; (18% calories from fat); 28g Protein; 20g Carbohydrate; 68mg Cholesterol; 211mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit, 1/2 Fat, 1/2 Other Carbohydrates

Nutr. Assoc. : 1232 0 2130706543 0 0 0 0 0 2313 0

\* Exported from MasterCook \*

Ratatouille

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Breads and Sides Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	cups	1/2-inch cubes eggplant (about 1/2 pound)
1	cup	1/4-inch slices zucchini (1 small)
2	cloves	garlic -- chopped
1	small	onion -- sliced
1/2	medium	green bell pepper -- cut into strips
2	tablespoons	chopped fresh parsley

- 1      tablespoon chopped fresh basil leaves
- OR
- 1/2    teaspoon dried basil leaves
- 2      tablespoons water
- 1/2    teaspoon salt
- 1/4    teaspoon pepper
- 2      medium tomatoes -- cut into eighths

Cook all ingredients except tomatoes in 10-inch skillet over medium heat until vegetables are tender, about 10 minutes. Remove from heat; stir in tomatoes. Cover and let stand 2 to 3 minutes.

Microwave Directions: Omit water. Mix all ingredients in 2-quart microwavable casserole. Cover tightly and microwave on High 5 minutes; stir. Cover and microwave until vegetables are tender, 2 to 5 minutes longer.

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Per serving: 25 Calories (kcal); trace Total Fat; (6% calories from fat); 1g Protein; 6g Carbohydrate; 0mg Cholesterol; 139mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #3234 26099 0 0 0 0 20028 0 2130706543 0 0 ■ 0

\* Exported from MasterCook \*

## Red Beans and Rice

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meat Pork

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

3	cups	water
1	cup	dried kidney beans (8 ounces)
2	ounces	salt pork (with rind)
		OR
3	slices	bacon -- cut up
1	medium	onion -- chopped (1/2 cup)
1	medium	green bell pepper -- chopped (1 cup)
1	cup	uncooked regular long-grain rice
1	teaspoon	salt

Heat water and beans to boiling in 3-quart saucepan. Boil uncovered 2 minutes; reduce heat. Cover and simmer 1 to 1 1/4 hours or until tender (do not boil or beans will burst). Drain beans, reserving liquid, set aside.

Cook salt pork in 10-inch skillet over medium heat, stirring occasionally, until crisp. Stir in onion and bell pepper. Cook, stirring occasionally, until onion is tender. Add enough water to bean liquid, if necessary, to measure 2 cups.

Add bean liquid, salt pork mixture, rice and salt to beans in 3-quart saucepan. Heat to boiling, stirring once or twice; reduce heat. Cover and simmer 14 minutes (do not lift cover or stir); remove from heat. Fluff with fork. Cover and let steam 5 to 10 minutes.

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Per serving: 290 Calories (kcal); 7g Total Fat; (21% calories from fat); 11g Protein; 46g Carbohydrate; 8mg Cholesterol; 451mg Sodium  
Food Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; ■ Fruit; 1 Fat; ■ Other Carbohydrates

NOTES : Short on time? Substitute 1 can (15 to 16 ounces) red kidney beans, drained and liquid reserved, for the dried kidney beans, and omit water.

Nutr. Assoc. : 0 3122 2130706543 0 26321 0 0 20107 0

\* Exported from MasterCook \*

### Red Snapper Teriyaki

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	vegetable oil
1	pound	red snapper or other lean fish fillets -- cut into 1-inch pieces
3	cups	sugar snap peas
1	medium	red bell pepper -- cut into 1/4 inch strips
1/2	cup	teriyaki baste and glaze

Heat wok or 12-inch skillet until very hot. Add oil; rotate wok to coat sides. Add fish; stir-fry 2 minutes. Add peas and bell pepper; stir-fry 2 to 3 minutes or until vegetables are crisp-tender. Stir in teriyaki baste and glaze; cook and stir 30 seconds.



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Per serving: 181 Calories (kcal); 4g Total Fat; (21% calories from fat); 24g Protein; 11g Carbohydrate; 49mg Cholesterol; 1444mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Sugar snap peas are a cross between Chinese pea pods and garden peas. If you can't find them, you can use Chinese pea pods or 1-inch pieces of asparagus instead.

Nutr. Assoc. : 0 2747 4373 0 1489

\* Exported from MasterCook \*

### Red Snapper with Mango Relish

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1		large mango, papaya or peach -- seeded, peeled and diced (3/4 cup)
1		small tomato -- diced (1/2 cup)
1/2	cup	chopped fresh cilantro
2	tablespoons	finely chopped red onion
1/4	cup	lime juice
1	pound	red snapper, orange roughy or walleye fillets

1/2    teaspoon salt

Mix mango, tomato, cilantro, onion and lime juice in nonmetal bowl. Cover and let stand 30 minutes. Set oven control to broil. Place fish on rack in broiler pan. Spray fish with nonstick cooking spray; sprinkle with salt. Broil with tops 4 to 6 inches from heat 5 to 8 minutes or until fish is light brown and flakes easily with fork. Serve with mango relish.

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Per serving: 160 Calories (kcal); 2g Total Fat; (9% calories from fat); 24g Protein; 12g Carbohydrate; 42mg Cholesterol; 344mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit, ■ Fat, ■ Other Carbohydrates

NOTES : Mangoes vary in sweetness, so start with the lesser amount of lime juice and add more as desired.

Nutr. Assoc. : 4088 0 0 20034 0 1242 0

\* Exported from MasterCook \*

## Rice Pudding

Recipe By :  
 Serving Size : 8    Preparation Time :0:00  
 Categories : Desserts

Amount	Measure	Ingredient	-- Preparation Method
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2	egg whites
1	egg
2	cups cooked white rice
1/2	cup sugar
1/2	cup golden raisins
2	cups skim milk
1/2	teaspoon vanilla
1/4	teaspoon ground cardamom

Heat oven to 325°. Beat egg whites and egg in ungreased 1 1/2-quart casserole. Stir in remaining ingredients. Bake uncovered 50 to 60 minutes, stirring after 30 minutes, until knife inserted halfway between center and edge comes out clean. Serve warm or cold. Immediately refrigerate any remaining pudding.

Microwave Directions: Prepare ■ directed-except use 1 1/2-quart microwavable casserole and decrease skim milk to 1 1/2 cups. Elevate casserole on inverted microwave pie plate in microwave oven. Microwave uncovered on Medium 8 to 10 minutes, stirring every 3 minutes, just until creamy. (Pudding will continue to cook while standing.) Let stand uncovered on heatproof surface 10 minutes. Sprinkle with ground cinnamon if desired. Cover and refrigerate any remaining pudding.

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Per serving: 174 Calories (kcal); 1g Total Fat; (4% calories from fat); 5g Protein; 37g Carbohydrate; 24mg Cholesterol; 54mg Sodium

Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 3231 0 0 0 3532 0 0 0

\* Exported from MasterCook \*

### Rigatoni with Artichokes

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meatless Pasta

Amount	Measure	Ingredient -- Preparation Method
2	cups	uncooked rigatoni pasta (6 ounces)
2	tablespoons	margarine, butter or spread
1 1/2	cups	soft bread crumbs (about 2 1/2 slices bread)
1	tablespoon	chopped fresh parsley
1	teaspoon	olive or vegetable oil
2	cloves	garlic -- finely chopped
3/4	cup	chicken broth
2	tablespoons	finely chopped oil-packed sun-dried tomatoes -- drained
1	teaspoon	cornstarch
1/4	teaspoon	salt
1/4	teaspoon	crushed red pepper
1/4	teaspoon	pepper
1	(14 ounce) can	artichoke hearts -- drained
1	tablespoon	grated Romano or Parmesan cheese

Cook and drain pasta as directed on package. Melt margarine in 10-inch skillet over medium-high heat. Cook bread crumbs in margarine 5 to 6 minutes, stirring occasionally, until light brown. Stir in parsley. Remove bread crumbs from skillet; keep warm.

Heat oil in same skillet over medium-high heat. Cook garlic in oil, stirring frequently, until golden. Shake broth, tomatoes, cornstarch,

salt, red pepper and pepper in tightly covered container. Gradually stir into garlic. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in artichokes. Toss with pasta. Sprinkle with bread crumbs and cheese.

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Per serving: 227 Calories (kcal); 6g Total Fat; (24% calories from fat); 8g Protein; 36g Carbohydrate; 1mg Cholesterol; 375mg Sodium  
Food Exchanges: 2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1405 4098 20226 0 986 0 0 1448 0 0 0 0 42 20087

\* Exported from MasterCook \*

### Risotto Primavera

Recipe By :  
Serving Size : 8 Preparation Time : 0:00  
Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
2	teaspoons	olive or vegetable oil
1	medium	onion -- chopped (about 1/2 cup)
1	small	carrot -- cut into julienne strips (about 1/2 cup)

- 1 cup uncooked arborio rice
- OR
- 1 cup regular medium-grain white rice
- 2 (14 1/2 ounce) cans 1/3-less-salt clear chicken broth
- 1 cup broccoli flowerets
- 1 cup frozen green peas
- 1 small zucchini -- cut into julienne strips (about 1/2 cup)
- 2 tablespoons grated Parmesan cheese

Heat oil in 3-quart nonstick saucepan over medium-high heat. Cook onion and carrot in oil, stirring frequently, until crisp-tender. Stir in rice. Cook, stirring frequently, until rice begins to brown. Pour 1/2 cup of the broth over rice mixture. Cook uncovered, stirring occasionally, until liquid is absorbed.

Continue cooking 15 to 20 minutes, adding broth 1/2 cup ■ a time and stirring occasionally, until rice is tender and creamy; add broccoli, peas and zucchini with the last addition of broth. Sprinkle with cheese.

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#### Description:

"Primavera is an Italian term meaning "spring." Here, as with pasta primavera, it refers to the fresh vegetables used in the dish."

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Per serving: 149 Calories (kcal); 2g Total Fat; (10% calories from fat); 9g Protein; 25g Carbohydrate; 1mg Cholesterol; 268mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. 986 0 0 2081 0 2130706543 4017 2653 0 0 3562

\* Exported from MasterCook \*

### Roast Beef Pocket Sandwiches

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1	cup	plain nonfat yogurt
1 1/2	teaspoons	snipped fresh dill
	OR	
1/2	teaspoon	dried dill weed
1	teaspoon	mustard
1	cup	chopped bell pepper (about 1 medium)
2		pita breads (6 inches in diameter) -- cut into halves
1/3	pound	thinly sliced lean roast beef
1	cup	alfalfa sprouts

Mix yogurt, dill weed and mustard; stir in bell pepper. Fill each pita bread half with 1/3 cup yogurt mixture and 1/4 of the beef and alfalfa sprouts.

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Description:

"These are terrific take-along sandwiches when the yogurt mixture is packed separately and added just before serving."

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Per serving: 210 Calories (kcal); 5g Total Fat; (21% calories from fat); 17g Protein; 24g Carbohydrate; 31mg Cholesterol; 245mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 3360 0 2130706543 0 20164 4513 27215 ■

\* Exported from MasterCook \*

### Roast Chicken with Spiced Yogurt

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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3	pounds	broiler-fryer chicken (3 to 3 1/2 pounds)
1/4	cup plus 1/2 teaspoon	water
1/4	teaspoon	ground mustard (dry)
1	cup	plain nonfat yogurt
1/4	cup	lemon juice
1/2	teaspoon	salt
1/2	teaspoon	ground cardamom
1/4	teaspoon	ground ginger
1/4	teaspoon	ground cumin
1/4	teaspoon	crushed red pepper
1/4	teaspoon	pepper
1	clove	garlic -- chopped

Fold wings of chicken across back with tips touching. Tie or skewer drumsticks to tail. Place chicken in large glass or plastic bowl. Mix 1/2 teaspoon of the water with the mustard in small bowl. Stir in remaining ingredients except 1/4 cup water; pour over chicken. Turn chicken to coat



well with marinade. Cover and refrigerate at least 12 hours but no longer than 24 hours.

Heat oven to 375°. Remove chicken from marinade; reserve marinade. Place chicken on rack in shallow roasting pan. Insert thermometer so tip is in the thickest part of inside thigh muscle and does not touch bone. Roast uncovered 1 to 1 1/4 hours, brushing marinade over chicken during last 30 minutes of roasting, until thermometer reads 180° and juice is no longer pink when center of thigh is cut. Remove chicken from pan; keep warm. Stir 1/4 cup water into pan drippings; heat just until hot. Remove and discard chicken skin. Serve chicken with sauce.

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Per serving: 187 Calories (kcal); 7g Total Fat; (34% calories from fat); 25g Protein; 4g Carbohydrate; 69mg Cholesterol; 293mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; ■ Fruit; ■ Fat; ■ Other Carbohydrates

Nutr. Assoc. #5829 1582 518 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Roasted Baby Carrots

Recipe By :  
Serving Size : 6 Preparation Time :0:00

Categories : Breads and Sides                      Vegetables

Amount Measure      Ingredient -- Preparation Method

---

4      teaspoons vegetable oil  
 1      tablespoon chopped fresh thyme  
          OR  
 1      teaspoon dried thyme leaves  
       1/4    teaspoon garlic salt  
       1/8    teaspoon pepper  
 1      (16 ounce) package baby-cut carrots (6 cups)

Heat oven to 425°. Spray rectangular pan, 13 × 9 × 2 inches, with cooking spray. Mix all ingredients except carrots in large bowl; toss to coat. Spread carrots in pan.

Bake uncovered 35 to 40 minutes, stirring occasionally, until carrots are tender.

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#### Description:

"Roasting carrots makes them even sweeter because while they cook, more of the carrot starches turn into sugar. Another plus-carrots are very high in vitamin A."

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Per serving: 57 Calories (kcal); 3g Total Fat; (47% calories from fat); 1g Protein; 7g Carbohydrate; 0mg Cholesterol; 130mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; ■ Fruit, 1/2 Fat, 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 2130706543 0 0 3444

\* Exported from MasterCook \*

### Roasted Cauliflower and Mushrooms

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Breads and Sides Vegetables

Amount	Measure	Ingredient -- Preparation Method
3	cups	cauliflowerets (1 pound)
1	cup	chopped mushrooms (4 ounces)
1/2	cup	chopped red onion (1/2 medium)
1	tablespoon	olive or vegetable oil
2	teaspoons	lemon juice
2	teaspoons	balsamic or cider vinegar
1/2	teaspoon	salt
1/4	teaspoon	pepper
2	cloves	garlic -- finely chopped
1/3	cup	chopped green onions (4 medium)

Heat oven to 350°. Spray rectangular baking dish, 13 × 9 × 2 inches, with nonstick cooking spray. Mix all ingredients except green onions. Spread evenly in baking dish.

Bake uncovered 40 to 45 minutes, stirring occasionally, until vegetables are tender and golden brown. Sprinkle with green onions.

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Per serving: 44 Calories (kcal); 2g Total Fat; (44% calories from fat); 2g Protein; 5g Carbohydrate; 0mg Cholesterol; 194mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; ■ Fruit, 1/2 Fat, ■ Other Carbohydrates

NOTES : Balsamic vinegar is dark in color and has a pungent sweetness that results from being aged in wood barrels.

Nutr. Assoc. : 2512 2673 2679 986 0 2140 0 0 0 2665

\* Exported from MasterCook \*

### Roasted-Vegetable Pizza

Recipe By :  
 Serving Size : 8 Preparation Time :0:00  
 Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1		medium bell pepper -- cut lengthwise into eighths
1		medium zucchini -- cut into 1/4-inch slices
1/2		small eggplant (1/2 pound) -- cut into 1/4-inch slices
1		(8 ounce) package fresh portobello mushrooms -- cut into 1/2-inch slices
1		tablespoon roasted garlic-flavored or regular vegetable oil
1/2		teaspoon salt
1/4		teaspoon pepper
1		(10 ounce) package thin Italian bread shell or ready-to-serve pizza crust (12 to 14 inches in diameter)
1/2		cup shredded reduced-fat Mozzarella cheese (2 ounces)

Heat oven to 400°. Spray jelly roll pan, 15 1/2 x 10 1/2 x 1 inch, with nonstick cooking spray. Place bell pepper, zucchini, eggplant and mushrooms in single layer in pan. Brush with oil. Sprinkle with salt and pepper. Bake 25 to 30 minutes, turning vegetables once, until edges of vegetables are light brown.

Place bread shell on ungreased cookie sheet. Top with vegetables. Sprinkle with cheese. Bake 8 to 10 minutes or until cheese is melted.

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Description:

"The vegetables for this recipe can easily be prepared ahead of time and refrigerated until you make the pizza."

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Per serving: 191 Calories (kcal); 5g Total Fat; (21% calories from fat); 7g Protein; 31g Carbohydrate; 4mg Cholesterol; 175mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 26407 3386 1563 0 0 26558 27128

\* Exported from MasterCook \*

Rosemary-Mustard Chicken

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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3	tablespoons	reduced-fat sour cream
3	tablespoons	Dijon mustard
1	teaspoon	dried rosemary leaves -- crushed
1/4	teaspoon	white pepper
12		skinless boneless chicken thighs (about 2 1/4 pounds)

Mix all ingredients except chicken in large glass or plastic dish. Add chicken; turn to coat with marinade. Cover and refrigerate ■ least 3 hours but no longer than 24 hours.

Heat oven to 400°. Spray rectangular pan, 13 ■ 9 ■ 2 inches, with nonstick cooking spray. Place chicken in pan. Bake uncovered about 20 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.

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Per serving: 180 Calories (kcal); 6g Total Fat; (31% calories from fat); 28g Protein; 2g Carbohydrate; 116mg Cholesterol; 221mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Serving Ideas : Serve with roasted new potatoes and steamed asparagus for a meal that's sure to say, "Welcome, spring."

Nutr. Assoc. :4055 0 3152 0 4951 0

\* Exported from MasterCook \*

### Sacher Cake Roll

Recipe By :

Serving Size : 10 Preparation Time :0:00

Categories : Cakes Desserts

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

2		eggs
2		egg whites
3/4	cup	sugar
1/3	cup	water
1	teaspoon	vanilla
3/4	cup	all-purpose flour
3	tablespoons	cocoa plus extra for sprinkling
1	teaspoon	baking powder
1/4	teaspoon	salt
1/2	cup	apricot preserves or jam
		Chocolate Glaze -- (recipe follows)

#### CHOCOLATE GLAZE

1/3	cup	powdered sugar
1	tablespoon	cocoa
1 1/2	teaspoons	hot water (1 1/2 to 2 1/2 teaspoons)
1/4	teaspoon	vanilla

Heat oven to 375°. Line jelly roll pan, 15 1/2 x 10 1/2 x 1 inch, with aluminum foil or waxed paper; spray with nonstick cooking spray. Beat eggs and egg whites in small bowl on high speed until very thick and lemon colored, about 5 minutes. Pour into medium bowl. Gradually beat in sugar. Beat in water and vanilla on low speed. Gradually beat in flour, 3 tablespoons of the cocoa, the baking powder and salt just until batter is smooth. Pour into pan.

Bake until wooden toothpick inserted in center comes out clean, 12 to 15 minutes. Immediately loosen cake from edges of pan; invert on towel sprinkled with cocoa. Carefully remove foil. Trim off stiff edges of cake if necessary. While hot, carefully roll cake and towel from narrow end. Cool on wire rack at least 30 minutes.

Unroll cake; remove towel. Beat preserves with fork to soften; spread over top of cake. Roll up cake. Prepare Chocolate Glaze; immediately spread over cake roll.

#### CHOCOLATE GLAZE:

Mix all ingredients until smooth and of desired consistency.

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Per serving: 170 Calories (kcal); 1g Total Fat; (6% calories from fat); 3g Protein; 38g Carbohydrate; 37mg Cholesterol; 132mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; ■ Fruit; ■ Fat; 2 Other Carbohydrates



NOTES : Sifted cocoa, rather than powdered sugar, is sprinkled on the towel before the cake is rolled, enhancing the deep chocolate flavor.

Nutr. Assoc. : 3218 3231 0 0 0 0 2727 0 0 2075 2130706543 ■ 0 0 0 3728 0

\* Exported from MasterCook \*

### Salmon with Cucumber Relish

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Grilling Seafood

Amount Measure Ingredient -- Preparation Method

-----  
Cucumber Relish -- (recipe follows)  
2 pounds salmon fillet (1 large fillet)  
2 tablespoons olive or vegetable oil  
1/4 teaspoon dried dill weed (1/4 to 1/2 teaspoons)  
1/2 teaspoon salt  
1/4 teaspoon pepper

#### CUCUMBER RELISH

1 medium cucumber -- seeded and coarsely chopped (1 1/4 cups)  
2 tablespoons chopped onion  
2 tablespoons white vinegar  
2 tablespoons water  
1 teaspoon sugar  
1/2 teaspoon salt  
2 tablespoons chopped fresh parsley

Prepare Cucumber Relish. Heat coals or gas grill for direct heat. Place fish on 24-inch piece of heavy-duty aluminum foil. Brush fish with oil. Sprinkle with dill weed, salt and pepper. Wrap foil securely around fish.

Cover and grill fish 4 inches from medium heat 20 to 30 minutes or until fish flakes easily with fork. Serve relish with fish.

## CUCUMBER RELISH:

Mix all ingredients in nonmetal bowl. Cover and refrigerate at least 1 hour but no longer than 8 hours. Drain relish.

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Per serving: 273 Calories (kcal); 14g Total Fat; (45% calories from fat); 33g Protein; 3g Carbohydrate; 68mg Cholesterol; 427mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2130706543 405 986 20042 0 0 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Salmon with Mint Couscous

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
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-----		
		Mint Sauce -- (recipe follows)
1 1/2	pounds	salmon or other medium-fat fish fillets -- cut into 6 serving pieces
1	teaspoon	grated lemon peel

- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups hot cooked couscous
- 2 tablespoons finely chopped fresh mint
- OR
- 2 teaspoons dried mint leaves

#### MINT SAUCE

- 3/4 cup plain nonfat yogurt
- 1 tablespoon finely chopped fresh mint leaves
- OR
- 1 teaspoon dried mint leaves
- 1 tablespoon cholesterol-free reduced-calorie mayonnaise or salad dressing
- 1 teaspoon grated orange peel
- 1 clove garlic -- finely chopped (about 1/2 teaspoon)

Prepare Mint Sauce. Sprinkle fish fillets with lemon peel, salt and pepper. Set oven control to broil. Spray broiler pan rack with nonstick cooking spray. Place fish on rack in broiler pan. Broil with tops about 4 inches from heat 5 to 6 minutes or until fish flakes easily with fork. Mix couscous and mint. Serve fish over couscous with Mint Sauce.

#### MINT SAUCE:

Mix all ingredients.

---

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Per serving: 268 Calories (kcal); 8g Total Fat; (26% calories from fat); 28g Protein; 20g Carbohydrate; 52mg Cholesterol; 250mg Sodium  
Food Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; ■ Fat; ■ Other Carbohydrates

Nutr. Assoc. : 2130706543 405 0 0 0 2809 20062 20084 2130706543 0 448  
20062 20062 20135 2130706543 20106 20062 ■ 20135

\* Exported from MasterCook \*

### Salsa Cod

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1		pound cod, orange roughy or other medium-fat fish fillets (about 1/2 inch thick)
1	cup	chopped tomato (about 1 large)
1/2	cup	chopped green bell pepper (about 1 small)
1/4	cup	chopped onion (about 1 small)
2	tablespoons	finely chopped fresh cilantro or parsley
1/4	teaspoon	salt
1/4	cup	dry white wine
		OR
1/4	cup	chicken broth

If fish fillets are large, cut into 4 serving pieces. Spray 10-inch nonstick skillet with nonstick cooking spray. Heat over medium heat. Arrange fish in single layer in skillet. Cook uncovered 4 to 6 minutes, turning once, until fish flakes easily with fork. Remove fish to warm platter; keep warm.

Cook remaining ingredients except wine in skillet over medium heat 3 to 5 minutes, stirring frequently, until bell pepper and onion are crisp-tender. Stir in wine. Heat until hot. Spoon tomato mixture over

fish.

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Per serving: 122 Calories (kcal); 1g Total Fat; (7% calories from fat); 21g Protein; 4g Carbohydrate; 49mg Cholesterol; 200mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; ■ Fat; 0 Other Carbohydrates

NOTES : Cilantro, a southwestern favorite, is also known as fresh coriander, Mexican parsley and Chinese parsley. While cilantro resembles flat-leaf parsley, its flavor is more intense.

Nutr. Assoc. : 2748 20183 20088 2679 26108 0 0 0 2130706543

\* Exported from MasterCook \*

### Sassy Southwestern Pork Chops

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Grilling Meat  
Pork

Amount	Measure	Ingredient -- Preparation Method
4		lean pork loin or rib chops — about 1/4 inch thick (about 1 1/4 pounds)
1	tablespoon	reduced-sodium chicken broth
1	tablespoon	lime juice

- 1/2 teaspoon chili powder
- 1 clove garlic -- crushed
- Cilantro-Mint Salsa -- (recipe follows)
- Salt and pepper to taste

#### CILANTRO-MINT SALSA

- 1 large tomato -- seeded and chopped (1 cup)
- 1 jalapeño chili -- seeded and finely chopped
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped fresh mint leaves
- OR
- 1 teaspoon dried mint leaves
- 1 tablespoon chopped onion
- 1/2 teaspoon lime juice

Place pork in shallow glass or plastic dish or heavy-duty resealable plastic bag. Mix broth, lime juice, chili powder and garlic; rub on both sides of pork, using back of spoon. Cover dish or seal bag and refrigerate at least 1 hour but no longer than 24 hours.

Prepare Cilantro-Mint Salsa. Heat coals or gas grill. Place pork on grill; sprinkle with salt and pepper. Cover and grill 4 to 5 inches from medium heat 8 to 11 minutes, turning frequently, for medium doneness (160°). Serve with salsa.

#### CILANTRO-MINT SALSA:

Mix all ingredients in glass or plastic bowl. Cover and let stand at least 1 hour before serving.

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Per serving: 166 Calories (kcal); 8g Total Fat; (45% calories from fat); 19g Protein; 3g Carbohydrate; 41mg Cholesterol; 56mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 9116 4017 0 0 0 2130706543 2130706543 ■ ■ ■ 26360 0 3383 0  
2130706543 0 0

\* Exported from MasterCook \*

### Sauerkraut and Chicken Casserole

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1	(16 ounce) can	sauerkraut -- drained
4		skinless boneless chicken breast halves
		(about 1 pound)
1	teaspoon	garlic powder
3/4	cup	barbecue sauce

Heat oven to 350°. Spread sauerkraut evenly in bottom of ungreased rectangular baking dish, 11 × 7 × 1 1/2 inches. Place chicken on sauerkraut; sprinkle with garlic powder. Spread barbecue sauce over chicken. Cover and bake about 1 hour or until juice of chicken is no longer pink when centers of thickest pieces are cut.

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Per serving: 189 Calories (kcal); 2g Total Fat; (12% calories from fat); 29g Protein; 11g Carbohydrate; 68mg Cholesterol; 1208mg Sodium  
 Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; ■ Fruit; ■ Fat; 1/2 Other Carbohydrates

NOTES : Four fully cooked smoked pork loin chops can be used in place of the chicken. Reduce baking time to about 30 minutes, or until pork and sauerkraut are hot. Serve with buttered, boiled potatoes and string beans.

Nutr. Assoc. : 0 2313 0 0

\* Exported from MasterCook \*

### Sausage-Mushroom Pasta Calzones

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Meat Pork

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	bulk pork sausage
1	small	onion -- chopped (1/4 cup)
1	cup	spaghetti sauce
6	square	egg roll wrappers (about 6 1/2 inches square)
1/2	cup	sliced mushrooms
1	cup	shredded Mozzarella cheese (4 ounces)
1/4	cup	crumbled Gorgonzola cheese -- if desired

Heat oven to 400°. Grease rectangular baking dish, 13 × 9 × 2 inches. Cook



sausage and onion in 10-inch skillet over medium-high heat, stirring occasionally, until sausage is no longer pink; drain. Stir in spaghetti sauce; cook until hot. Spoon sausage mixture on half of each egg roll wrapper to within 1/2 inch of edge. Top with mushrooms, 1/2 cup of the Mozzarella cheese and the Gorgonzola cheese. Moisten edges of wrappers lightly with water. Fold over filling; press edges to seal. Place in baking dish. Sprinkle with remaining Mozzarella cheese. Bake uncovered 15 to 20 minutes or until calzones are hot and cheese begins to brown. Serve with additional spaghetti sauce if desired.

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Description:

"Stuff egg roll wrappers with delicious fillings, and you've got individual pasta pockets without ■ lot of work!"

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Per serving: 311 Calories (kcal); 16g Total Fat; (45% calories from fat); 15g Protein; 28g Carbohydrate; 52mg Cholesterol; 723mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #5826 0 0 20188 4977 26153 0

\* Exported from MasterCook \*

Savory Mushroom Strata

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Eggs Meatless

Amount Measure Ingredient -- Preparation Method

---

1	cup	chopped mushrooms (4 ounces)
1	cup	fat-free cottage cheese
1/4	cup	chopped green onions (4 medium)
1	teaspoon	chopped fresh rosemary leaves
		OR
1/2	teaspoon	dried rosemary leaves
1	clove	garlic -- finely chopped
12	slices	whole grain bread
		OR
12	slices	white bread
1 1/2	cups	skim milk
1	cup	fat-free cholesterol-free egg product
		OR
6		egg whites
1/4	cup	shredded reduced-fat Havarti or Monterey Jack cheese

Spray square pan, 9 x 9 = 2 inches, with nonstick cooking spray. Mix mushrooms, cottage cheese, green onions, rosemary and garlic. Place 4 of the bread slices in pan. Spread with half the mushroom mixture. Beat milk and egg product; pour one-third of the milk mixture over bread in pan. Spread 4 of the bread slices with remaining mushroom mixture. Place bread, mushroom side up, in pan. Top with remaining 4 slices bread; press down gently if bread is higher than edge of dish. Pour remaining milk mixture over bread. Sprinkle with cheese. Cover and refrigerate at least 2 hours but no longer than 24 hours.

Heat oven to 325°. Bake uncovered 45 to 50 minutes or until mixture is set and top is golden brown. Let stand 10 minutes before cutting.

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Description:

"This is a great dish to serve when company is coming. Make it the day before and pop it in the oven the next morning. No one will guess it's low in fat."

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Per serving: 213 Calories (kcal); 3g Total Fat; (11% calories from fat); 16g Protein; 30g Carbohydrate; 5mg Cholesterol; 483mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 2673 4232 2665 26055 0 2130706543 0 2130706543 0 2342 0  
2130706543 0 0 26474 0

\* Exported from MasterCook \*

### Savory Pork Stew

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meat Pork  
Soups/Stews

Amount	Measure	Ingredient -- Preparation Method
1	pound	lean pork boneless shoulder
1	cup	chopped onion (about 1 large)
1	tablespoon	chopped fresh basil
		OR
1	teaspoon	dried basil leaves
1	teaspoon	chopped fresh rosemary leaves

OR

- 1/2 teaspoon dried rosemary leaves
- 1/4 teaspoon pepper
- 1/2 cup water
- 2 cups sliced carrot (about 6 medium) -- (1 inch slices)
- 1 large green bell pepper -- cut into 1-inch pieces
- 3 cups halved mushrooms (about 8 ounces)
- 1/2 cup Burgundy or other dry red wine
- 1 (8 ounce) can tomato sauce

Trim fat from pork shoulder; cut into 1-inch cubes. Spray 3-quart nonstick saucepan with nonstick cooking spray. Cook and stir pork over medium heat until brown. Stir in onion, basil, rosemary, pepper and water. Heat to boiling; reduce heat. Cover and simmer until pork is almost tender, about 1 hour.

Stir in remaining ingredients. Cover and simmer until vegetables are tender, stirring occasionally, about 30 minutes.

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Per serving: 187 Calories (kcal); 8g Total Fat; (41% calories from fat); 15g Protein; 10g Carbohydrate; 49mg Cholesterol; 304mg Sodium  
 Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 5834 4583 2679 20028 2130706543 3091 26055 2130706543 0 0  
 20024 2495 4196 2390 0

\* Exported from MasterCook \*

## Savory Zucchini Frittata

Recipe By :

Serving Size : 3 Preparation Time : 0:00

Categories : Eggs Meatless

Amount	Measure	Ingredient -- Preparation Method
6		eggs
1/4	cup	water
3	tablespoons	chopped parsley
2	tablespoons	soft bread crumbs
1	teaspoon	salt
1	clove	garlic -- finely chopped
1	tablespoon	olive or vegetable oil
1	cup	1/4-inch zucchini slices (about 1 medium)
		Flour
1	tablespoon	grated Parmesan cheese

Beat eggs, water, parsley, bread crumbs, salt and garlic.

Heat oil in 8-inch nonstick ovenproof skillet over medium heat until hot. Coat zucchini lightly with flour; cook until golden, about 2 minutes on each side. Pour egg mixture over zucchini. Cook without stirring until eggs are thickened throughout but still moist, 3 to 5 minutes. Gently lift edge with fork so that uncooked portion can flow to bottom. Sprinkle with cheese.

Set oven control to broil. Broil omelet with top 5 inches from heat until golden brown, 3 to 4 minutes. Loosen edge with spatula; slip cheese side up onto serving plate.

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Per serving: 192 Calories (kcal); 14g Total Fat; (65% calories from fat); 12g Protein; 4g Carbohydrate; 375mg Cholesterol; 867mg Sodium  
 Food Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 3218 0 0 0 0 0 986 5663 0 0

\* Exported from MasterCook \*

### Scallops with Artichokes and Tomatoes

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1	pound	bay scallops
1/4	cup	sliced green onions (3 medium)
1/4	teaspoon	salt
1/8	teaspoon	white pepper
1	clove	garlic -- finely chopped
1	(9 ounce) package	frozen artichoke hearts -- thawed and drained
	OR	
1	(14 ounce) can	artichoke hearts -- drained and cut into fourths
1	cup	cherry tomatoes (about 10) -- cut into fourths
1	cup	shredded spinach or romaine lettuce
1	tablespoon	lemon juice

Cook scallops, green onions, salt, pepper and garlic in 10-inch nonstick skillet over medium-high heat 4 minutes, stirring frequently, or until scallops are white. Stir in artichoke hearts, tomatoes and spinach. Cook, stirring occasionally, until tomatoes are hot and spinach is wilted. Sprinkle with lemon juice.

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Per serving: 163 Calories (kcal); 1g Total Fat; (6% calories from fat); 23g Protein; 17g Carbohydrate; 37mg Cholesterol; 421mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Serving Ideas : Serve this dish over cooked rice or angel hair pasta.

Nutr. Assoc. : 2161 20030 0 0 0 2130706543 0 42 2557 1423 0

\* Exported from MasterCook \*

Scampi with Fettuccine

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient	Preparation Method
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- 1 pound fresh or frozen raw medium shrimp in shells
- 6 ounces uncooked spinach fettuccine
- 2 tablespoons thinly sliced green onions
- 1 tablespoon chopped fresh basil
- OR
- 1 1/2 teaspoons dried basil leaves
- 1 tablespoon chopped fresh parsley
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 2 cloves garlic -- finely chopped

Peel shrimp. (If shrimp are frozen, do not thaw; peel in cold water.) Make a shallow cut lengthwise down back of each shrimp; wash out vein. Cook and drain fettuccine as directed on package. While fettuccine is cooking, spray 10-inch skillet with nonstick cooking spray; heat over medium heat. Add shrimp and remaining ingredients. Cook 2 to 3 minutes, stirring frequently, until shrimp are pink; remove from heat Toss fettuccine and shrimp mixture in skillet.

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Per serving: 255 Calories (kcal); 3g Total Fat; (9% calories from fat); 25g Protein; 31g Carbohydrate; 215mg Cholesterol; 365mg Sodium  
 Food Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. #26456 1418 0 0 0 2130706543 0 0 0 0



\* Exported from MasterCook \*

## Seafood Lasagna Roll-Ups with Lemon-Caper Sauce

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
8		uncooked lasagna noodles
1	tablespoon	margarine
1/4	cup	all-purpose flour
2	(12 ounce) cans	evaporated skim milk
1	tablespoon	grated lemon peel
1	tablespoon	snipped fresh dill weed
		OR
1	teaspoon	dried dill weed
1 1/2	tablespoons	capers
1/2	cup	cholesterol-free egg product
1	tablespoon	chopped fresh thyme leaves
		OR
1/4	teaspoon	dried thyme leaves
1/2	teaspoon	salt
1/2	teaspoon	lemon pepper
1		small onion -- finely chopped (about 1/4 cup)
8	ounces	frozen, peeled and deveined cooked medium shrimp -- thawed, drained and coarsely chopped
1	(15 ounce) container	nonfat Ricotta cheese
1	(10 ounce) package	frozen chopped broccoli -- thawed and drained
1/4	teaspoon	paprika

Heat oven to 350°. Cook and drain noodles as directed on package. Cover noodles with cold water. Melt margarine in 2-quart saucepan over medium heat. Mix flour and milk until smooth; pour into saucepan. Cook over medium heat, stirring occasionally, until mixture begins to thicken. Stir in lemon peel, dill weed and capers. Remove from heat and set aside.

Mix 1/2 cup of the reserved sauce and the remaining ingredients except

paprika. Drain noodles. Spread about 1/2 cup shrimp mixture to edges of 1 noodle. Roll up noodle. Place seam side down in greased rectangular baking dish, 13 x 9 x 2 inches. Repeat with remaining noodles. Pour remaining reserved sauce over roll-ups. Sprinkle with paprika. Bake uncovered about 30 minutes or until heated through.

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Per serving: 273 Calories (kcal); 2g Total Fat; (8% calories from fat); 26g Protein; 36g Carbohydrate; 67mg Cholesterol; 482mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 307 0 0 0 20084 3362 0 2130706543 2478 3220 26058 0  
2130706543 0 0 0 2823 0 0 0

\* Exported from MasterCook \*

#### Seaside Crab Rolls

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
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1/2	cup	finely chopped red bell pepper
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1/2 cup extra-creamy plain nonfat yogurt  
1 tablespoon chopped fresh cilantro  
1/4 teaspoon ground cumin  
1/4 teaspoon red pepper sauce  
1/8 teaspoon pepper  
12 ounces shredded cooked crabmeat (about 2 1/2 cups)\*  
2 medium green onions -- sliced (1/4 cup)  
1 small tomato -- chopped (1/2 cup)  
6 whole grain hot dog buns -- split  
1 1/2 cups finely shredded cabbage

Mix all ingredients except buns and cabbage. Fill buns with cabbage. Top with crabmeat mixture.

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Per serving: 200 Calories (kcal); 3g Total Fat; (15% calories from fat); 19g Protein; 24g Carbohydrate; 43mg Cholesterol; 433mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

NOTES : \*12 ounces flaked salad-style imitation crabmeat can be substituted for the cooked crabmeat.

Nutr. Assoc. #:20164 20159 0 0 1471 0 433 3585 0 3721 4920

\* Exported from MasterCook \*

## Shrimp Pasta Salad with Fresh Fruit Salsa

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Seafood

Amount Measure Ingredient -- Preparation Method

-----

Fresh Fruit Salsa -- (recipe follows)

2 cups uncooked farfalle (bow-tie) pasta (4 ounces)

1 head Boston lettuce

1 medium cucumber -- cut lengthwise in half, then sliced crosswise

12 ounces peeled and deveined cooked large shrimp

1 avocado -- sliced

## FRESH FRUIT SALSA

1/2 cup coarsely chopped pineapple

1/2 cup coarsely chopped strawberries

1 teaspoon grated orange peel

2 tablespoons orange juice

1 tablespoon olive or vegetable oil

1/4 teaspoon salt

1/8 teaspoon white pepper

2 kiwifruit -- peeled and coarsely chopped

1 small jalapeño chili -- chopped

Prepare Fresh Fruit Salsa. Cook and drain pasta as directed on package. Rinse with cold water; drain. Divide lettuce leaves among serving plates. Arrange pasta, cucumber, shrimp and avocado on lettuce-lined plates. Serve with salsa.

## FRESH FRUIT SALSA:

Mix all ingredients.

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Description:

"Looking for a light and refreshing salad? Try this intriguing combination with either fresh or frozen cooked shrimp."

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Per serving: 226 Calories (kcal); 4g Total Fat; (15% calories from fat); 17g Protein; 31g Carbohydrate; 114mg Cholesterol; 137mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2130706543 1405 0 0 2823 2842 0 0 4490 26054 1436 0 986 986  
0 779 26360

\* Exported from MasterCook \*

Shrimp Toast

Recipe By :

Serving Size : 10 Preparation Time : 0:00

Categories : Appetizers Seafood

Amount Measure Ingredient -- Preparation Method

1/2	pound	uncooked shrimp -- peeled, deveined and coarsely chopped
1/2	cup	chopped green onions (5 medium)
1/4	cup	all-purpose flour
1/4	cup	water
1	tablespoon	cornstarch
1/2	teaspoon	salt
1/2	teaspoon	sesame oil
1/4	teaspoon	sugar

- Dash white pepper
- 2 egg whites
- 1 (8 ounce) baguette -- cut into 3/8-inch diagonal slices

Heat oven to 425°. Place wire rack on cookie sheet; spray rack with nonstick cooking spray. Mix all ingredients except bread. Spread about 1 tablespoon shrimp mixture on each bread slice. Place slices on rack on cookie sheet. Spray lightly with cooking spray. Bake about 15 minutes or until edges of bread are deep golden brown and crisp.

10 servings (2 toasts each)

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Per serving: 108 Calories (kcal); 1g Total Fat; (11% calories from fat); 8g Protein; 16g Carbohydrate; 35mg Cholesterol; 290mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Baking these toasts on a rack allows the hot air in the oven to circulate around them so they are crispy, without fat-laden deep frying!

Nutr. Assoc. : 1372 2665 0 0 0 0 0 0 0 20053

\* Exported from MasterCook \*

Shrimp with Feta Cheese

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1		pound fresh or frozen raw medium shrimp in shells
3	tablespoons	olive or vegetable oil
1	cup	chopped onion (about 1 large)
2	cloves	garlic -- chopped
1/3	cup	dry white wine
1	tablespoon	chopped fresh basil
		OR
1	teaspoon	dried basil leaves
1	tablespoon	chopped fresh oregano leaves
		OR
1	teaspoon	dried oregano leaves
		Dash ground red pepper (cayenne)
1	(28 ounce) can	Italian pear-shaped tomatoes -- drained and chopped
2	tablespoons	lemon juice
2	ounces	Feta cheese -- crumbled
		Chopped fresh parsley
		Hot cooked rice -- if desired

Peel shrimp. (If shrimp are frozen, do not thaw; peel in cold water.) Make a shallow cut lengthwise down back of each shrimp; wash out vein. Heat oil in 10-inch skillet over medium heat. Cook onion and garlic in oil, stirring occasionally, until onion is softened. Stir in wine, basil, oregano, red pepper and tomatoes. Heat to boiling; reduce heat. Simmer uncovered 20 minutes. Stir in shrimp and lemon juice. Cover and cook 3 to 5 minutes or until shrimp are pink. Sprinkle with cheese and parsley. Serve with rice.

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Per serving: 318 Calories (kcal); 15g Total Fat; (44% calories from fat); 27g Protein; 15g Carbohydrate; 185mg Cholesterol; 622mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; ■ Fruit; 2 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4125 986 2679 0 0 0 0 2130706543 26053 0 2130706543 272  
 2470 0 0 0 0

\* Exported from MasterCook \*

### Shrimp with Garlic Sauce

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
8		dried black (shiitake) mushrooms
2	teaspoons	cornstarch
1	tablespoon	water
3/4	pound	raw medium shrimp -- peeled, deveined and cut lengthwise in half
3/4	pound	green cabbage -- cut into 2 x 3/4-inch pieces
2	medium	carrots -- cut into thin diagonal slices
1/2	cup	fat-free reduced-sodium chicken broth
4	cloves	garlic -- finely chopped
4		green onions -- cut into 1-inch diagonal pieces
1	tablespoon	chili purée with garlic

Soak mushrooms in hot water about 20 minutes or until soft; drain. Rinse with warm water; drain. Squeeze out excess moisture. Remove and discard stems; cut caps into thin strips. Mix cornstarch and water.



Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add shrimp; stir-fry just until pink. Remove shrimp from wok. Cool wok slightly.

Respray and heat over medium-high heat until cooking spray starts to bubble. Add mushrooms, cabbage and carrots; stir-fry 1 minute. Add broth and garlic; heat to boiling. Cover and boil 4 minutes. Stir in cornstarch mixture; cook and stir about 30 seconds or until thickened. Add shrimp, green onions and chili purée; cook and stir about 30 seconds or until shrimp are hot.

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Per serving: 166 Calories (kcal); 2g Total Fat; (9% calories from fat); 21g Protein; 18g Carbohydrate; 129mg Cholesterol; 221mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

NOTES : Slicing the shrimp lengthwise in half makes it possible to stretch a smaller amount-plus the shrimp curls attractively when stir-fried.

Nutr. Assoc. : 1365 0 0 4125 2415 2495 20116 0 26402 2615

\* Exported from MasterCook \*

Sichuan Shrimp Stir-fry

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount Measure Ingredient -- Preparation Method

---

3/4 pound raw medium shrimp -- peeled, deveined and cut lengthwise in half  
 2 tablespoons cornstarch  
 4 teaspoons dry sherry or rice wine -- if desired  
 1/4 teaspoon salt  
 1 cup fat-free reduced-sodium chicken broth  
 1 1/2 tablespoons soy sauce  
 1 tablespoon chili purée  
 2 teaspoons sugar  
 2 teaspoons grated gingerroot  
 1 1/2 teaspoons Chinese black vinegar or balsamic vinegar  
 3 cloves garlic -- finely chopped  
 1 tablespoon water  
 2 1/2 cups frozen sugar snap pea, baby carrot and  
     pearl onion mixture  
 1 cup canned (drained) baby corn  
 1/2 cup canned whole straw mushrooms -- drained  
 1 jalapeño chili -- thinly sliced into rings, seeded, if desired

Mix shrimp, 1 tablespoon of the cornstarch, 2 teaspoons of the sherry and the salt in small glass or plastic bowl. Cover and refrigerate at least 20 minutes but no longer than 8 hours. Mix broth, soy sauce, chili purée, sugar, gingerroot, remaining 2 teaspoons sherry, the vinegar and garlic. Mix remaining 1 tablespoon cornstarch and the water.

Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add shrimp; stir-fry 2 to 3 minutes or just until shrimp are pink. Remove shrimp from wok. Add frozen vegetables to wok; stir-fry 1 minute. Add broth mixture; cover and simmer 5 to 6 minutes or until carrots are tender. Stir in corn and mushrooms. Stir in cornstarch mixture; cook and stir until thickened. Stir in shrimp and chili; heat through.

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Per serving: 181 Calories (kcal); 2g Total Fat; (8% calories from fat); 23g Protein; 17g Carbohydrate; 129mg Cholesterol; 864mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Hot chili peppers are a hallmark of Sichuan-style cooking. Jarred chili purées make sauces flavorful ■ well as spicy. Stir in the fresh jalapeño ■ the end so it stays bright green and slightly crunchy. The seeds will add more heat, so keep the seeds or discard them to create just the right amount of heat in the sauce.

Nutr. Assoc. : 20127 0 4734 0 20116 0 2615 0 0 2140 0 0 3453 1259 2461  
26360 0

\* Exported from MasterCook \*

### Sizzling Swordfish Fajitas

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
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		Fresh Spicy Salsa -- (recipe follows)
2	tablespoons	lime juice
1	teaspoon	vegetable oil
1/2	teaspoon	coarsely ground pepper
1	pound	swordfish or other medium-fat fish steaks

- 6 flour tortillas (8 inches in diameter) -- warmed
- 1 1/2 cups shredded lettuce (1/2 small head)
- 1 small red bell pepper -- finely chopped (1/2 cup)

#### FRESH SPICY SALSA

- 2 medium tomatoes -- finely chopped (1 1/2 cups)
- 2 cloves garlic -- finely chopped
- 1 small jalapeño chili -- finely chopped
- 1/2 cup sliced green onions (5 medium)
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1/2 teaspoon ground cumin

Prepare Fresh Spicy Salsa. Set oven control to broil. Spray rack of broiler pan with nonstick cooking spray. Mix lime juice, oil and pepper, brush on fish. Place fish on rack in broiler pan. Broil with tops about 4 inches from heat 5 minutes; turn. Broil 5 to 10 minutes longer or until fish flakes easily with fork.

Break fish into bite-size pieces. Spoon 1/3 cup fish onto center of each tortilla. Top with lettuce, bell pepper and salsa. Fold one end of each tortilla up about 1 inch over filling; fold right and left sides over folded end, overlapping. Fold down remaining end.

#### FRESH SPICY SALSA:

Mix all ingredients.

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Per serving: 283 Calories (kcal); 8g Total Fat; (24% calories from fat); 20g Protein; 33g Carbohydrate; 30mg Cholesterol; 310mg Sodium  
 Food Exchanges: 2 Grain(Starch); 2 Lean Meat; 1 Vegetable; ■ Fruit; 1 Fat; ■ Other Carbohydrates

Nutr. Assoc. :2130706543 0 0 0 1468 1666 4924 0 0 0 5296 ■ 26360 20030 0  
 0 0

\* Exported from MasterCook \*

### Skewered Ratatouille

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories : Grilling Vegetables

Amount	Measure	Ingredient -- Preparation Method
1		small eggplant (about 3/4 pound)
3/4	teaspoon	salt
2		small zucchini (about 1/2 pound)
1		medium green bell pepper
1		small onion
1/3	cup	Italian dressing
1	cup	spaghetti sauce or Italian tomato sauce -- heated

Cut eggplant into 1-inch chunks. Place eggplant in colander over bowl or sink. Sprinkle with salt. Let drain 30 minutes. Rinse and pat dry.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Cut zucchini, bell pepper and onion into 1-inch chunks. Thread eggplant, zucchini, bell pepper and onion alternately on each of six 10-inch metal skewers, leaving space between each. Brush with dressing. Cover and grill kabobs 4 to 6 inches from medium heat 15 to 20 minutes, turning and brushing twice with dressing, until vegetables are crisp-tender.

Heat spaghetti sauce in small pan or can with label removed during last 10 minutes of grilling, stirring occasionally. Serve kabobs with spaghetti sauce.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 115 Calories (kcal); 7g Total Fat; (48% calories from fat); 3g Protein; 14g Carbohydrate; 0mg Cholesterol; 381mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; ■ Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Sprinkling eggplant with salt and letting it stand 30 minutes eliminates the bitter taste often found in eggplant.

Nutr. Assoc. : 26962 0 26408 0 0 758 2702

\* Exported from MasterCook \*

### Snappy Meat and Potato Skillet

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1	pound	beef boneless sirloin steak
1	tablespoon	vegetable oil

- 1      teaspoon garlic pepper
- 1      (16 ounce) package frozen green beans, potatoes, onions and  
          red peppers
- 1      (12 ounce) jar beef gravy

Cut beef into thin strips (beef is easier to cut if partially frozen,  
about 1 1/2 hours). Heat oil and garlic pepper in 10-inch nonstick skillet  
over medium-high heat. Cook beef in oil, stirring occasionally, until  
brown. Stir in vegetables and gravy; reduce heat to medium. Cover and  
simmer 7 to 9 minutes, stirring occasionally, until vegetables are  
crisp-tender.

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Please note, if you should change this recipe it will no longer be an  
approved Betty Crocker® Recipe.

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Per serving: 344 Calories (kcal); 21g Total Fat; (54% calories from fat); 26g Protein; 13g Carbohydrate; 74mg Cholesterol; 538mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 2 Fat; 0 Other Carbohydrates

NOTES : If you like a thicker gravy, coat the meat lightly with flour  
before browning.

Nutr. Assoc. : 27226 0 1091 3458 0

\* Exported from MasterCook \*

Soft Shell Tacos

Recipe By :

Serving Size : 10 Preparation Time : 0:00

Categories : Beef Meat

Amount Measure Ingredient -- Preparation Method

---

1/2 pound extra-lean ground beef  
 1 (15 ounce) can kidney beans (15 to 16 ounces) -- rinsed and drained  
 1 (11 ounce) can whole kernel corn with red and green  
     peppers -- drained  
 1 (14 1/2 ounce) can Mexican-style stewed tomatoes -- undrained  
 10 nonfat flour tortillas (8 inches in  
     diameter)  
 1 cup shredded carrots (about 1 1/2 medium)  
 1 cup shredded jicama  
     Salsa -- if desired  
     Nonfat sour cream -- if desired

Cook ground beef in 10-inch nonstick skillet over medium-high heat, stirring occasionally, until brown; drain. Stir in beans, corn and tomatoes, breaking up tomatoes. Cook, stirring occasionally, until hot. Spoon about 1/2 cup bean mixture onto each tortilla. Top each with about 2 tablespoons carrots and jicama; roll up. Serve with salsa and sour cream.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 204 Calories (kcal); 4g Total Fat; (18% calories from fat); 11g Protein; 32g Carbohydrate; 16mg Cholesterol; 295mg Sodium



Food Exchanges: 1 1/2 Grain(Starch), 1 Lean Meat, 1/2 Vegetable, ■ Fruit, 1/2 Fat, 0 Other Carbohydrates

NOTES : If you can't find jicama in your produce section, you can use water chestnuts instead.

Nutr. Assoc. : 3256 2822 2884 213 25064 4921 3794 0 0

\* Exported from MasterCook \*

### South-of-the-Border Swiss Steak

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	all-purpose flour
1	teaspoon	chili powder
1/4	teaspoon	salt
1	pound	beef boneless top round steak -- about 3/4 inch thick
1	tablespoon	vegetable oil
1	cup	salsa
1/2	cup	water
1/2	teaspoon	sugar
2	cups	sweet potato -- peeled and cut into 1 inch cubes (1 large)
1	(10 ounce) package	frozen whole kernel corn -- thawed
		Hot cooked noodles -- if desired

Heat oven to 350°. Mix flour, chili powder and salt. Sprinkle half of the flour mixture over 1 side of beef; pound in. Turn beef and pound in remaining flour mixture. Cut beef into 4 serving pieces.

Heat oil in Dutch oven over medium heat. Cook beef in oil about 10 minutes, turning once, until brown on both sides; drain. Stir in remaining ingredients except noodles. Heat to boiling; remove from heat. Cover and bake 1 hour or until beef is tender. Serve over noodles.

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 355 Calories (kcal); 10g Total Fat; (24% calories from fat); 30g Protein; 39g Carbohydrate; 66mg Cholesterol; 497mg Sodium  
Food Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 2228 0 0 0 0 0 0

\* Exported from MasterCook \*

### Southwest Fajitas

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1		pound lean beef flank steak or skirt steak
1/4	cup	lime juice
2	teaspoons	chili powder
1	teaspoon	ground cumin
2	cloves	garlic -- crushed
4		fat-free flour tortillas (10 inches in diameter)
1/2	cup	salsa
1/2	cup	nonfat sour cream

Trim fat from beef. Pierce beef with fork in several places. Mix lime juice, chili powder, cumin and garlic in shallow glass or plastic dish. Place beef in dish; turn to coat both sides. Cover and refrigerate at least 4 hours but no longer than 24 hours, turning beef occasionally.

Heat oven to 325°. Wrap tortillas in aluminum foil. Heat in oven about 15 minutes or until warm. Remove from oven; keep wrapped. Set oven control to broil. Spray broiler pan rack with nonstick cooking spray. (For easy cleanup, line broiler pan with aluminum foil.) Place beef on rack in broiler pan. Broil with top 2 to 3 inches from heat 10 to 12 minutes, turning after 6 minutes, until medium doneness.

Cut beef diagonally across grain into very thin slices. Place one-fourth of the beef slices, 2 tablespoons of the salsa and 2 tablespoons of the sour cream on center of each tortilla. Fold one end of tortilla up about 1 inch over beef mixture; fold right and left sides over folded end, overlapping. Fold down remaining end. Serve with additional salsa and sour cream if desired.

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Per serving: 332 Calories (kcal); 9g Total Fat; (23% calories from fat); 30g Protein; 33g Carbohydrate; 60mg Cholesterol; 609mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. x5841 0 0 0 0 5918 0 0

\* Exported from MasterCook \*

## Southwest Snack

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
1	bag	94% fat-free butter or natural flavor microwave popcorn -- popped (12 cups)
3	cups	light Cheddar cheese-flavored corn snacks
1	cup	fat-free pretzel sticks
1	tablespoon	reduced-fat margarine -- melted
1/2	teaspoon	chili powder
1/4	teaspoon	ground cumin
1/4	teaspoon	garlic powder
2	tablespoons	grated Parmesan cheese

Heat oven to 300°. Mix popcorn, corn snacks and pretzels in 2-gallon plastic food-storage bag. Mix margarine, chili powder, cumin and garlic powder; pour over mixture in bag. Seal bag; shake to coat. Sprinkle with cheese. Seal bag; shake to coat.

Pour mixture into ungreased rectangular pan, 13 x 9 x 2 inches. Bake 10 minutes; cool. Store in airtight container.

8 servings (about 2 cups each)

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Per serving: 109 Calories (kcal); 2g Total Fat; (24% calories from fat); 2g Protein; 14g Carbohydrate; 1mg Cholesterol; 275mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1488 5939 924 4295 0 0 0 0

\* Exported from MasterCook \*

### Southwestern Frittata

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Eggs Meatless

Amount Measure Ingredient -- Preparation Method

1/2	cup	chopped onion (about 1 medium)
6		eggs
1/2	cup	milk
1/2	teaspoon	chili powder
1/4	teaspoon	dried oregano leaves
1	(11 ounce) can	whole kernel corn with red and green peppers -- drained
1/4	cup	shredded Cheddar cheese (1 ounce)
1/2	cup	salsa

Spray 10-inch skillet with nonstick cooking spray. Cook onion in skillet over medium heat, stirring occasionally, until tender. Beat eggs, milk, chili powder and oregano until well mixed; pour over onion. Stir in corn. Cover and cook over medium-low heat 9 to 11 minutes or until eggs are set around edge and light brown on bottom. Sprinkle with cheese. Cut into wedges. Serve with salsa.

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Per serving: 148 Calories (kcal); 7g Total Fat; (41% calories from fat); 9g Protein; 14g Carbohydrate; 195mg Cholesterol; 371mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : Serving corn bread will add a further touch of southwestern flavor to this festive quickie.

Nutr. Assoc. : 2679 3218 0 0 3133 2884 4922 0

\* Exported from MasterCook \*

### Southwestern Grilled Chicken Salad

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Grilling Poultry  
Salads

Amount	Measure	Ingredient -- Preparation Method
4		skinless boneless chicken breast halves (1 pound)
1/4	teaspoon	salt
1/4	teaspoon	pepper

1/4 cup fat-free creamy Caesar dressing  
2 tablespoons chopped fresh cilantro  
2 tablespoons canned chopped green chilis  
8 cups bite-size pieces romaine lettuce  
1 large red bell pepper -- sliced

Heat coals or gas grill. Cover and grill chicken 5 to 6 inches from medium heat 15 to 20 minutes, turning once, until juice of chicken is no longer pink when centers of thickest pieces are cut. Sprinkle with salt and pepper. Cover and refrigerate chicken at least 1 hour or until chilled.

Cut each chicken breast half into slices. Mix dressing, cilantro and chilis. Place 2 cups romaine on each of 4 serving plates. Top with bell pepper slices and 1 sliced chicken breast half. Serve with dressing mixture.

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Per serving: 170 Calories (kcal); 2g Total Fat; (9% calories from fat); 29g Protein; 8g Carbohydrate; 68mg Cholesterol; 419mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2313 0 0 25011 0 27203 1280 0

\* Exported from MasterCook \*

## Southwestern Pork Salad

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Meat Pork

Salads

Amount	Measure	Ingredient -- Preparation Method
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3/4	pound	pork tenderloin
1/4	teaspoon	salt
1/4	teaspoon	pepper
8	cups	bite-size pieces mixed salad greens
		OR
1	(4 ounce) package	mixed salad greens
1	medium	yellow bell pepper -- sliced
3	cups	sliced mushrooms (8 ounces)
1	(15 ounce) can	black-eyed peas (15 to 16 ounce can) -- rinsed and drained
		Creamy Lime Dressing -- (recipe follows)

## CREAMY LIME DRESSING

1/2	cup	nonfat sour cream
1/4	cup	chopped fresh cilantro
2	tablespoons	lime juice
2	tablespoons	vegetable oil
1/4	teaspoon	salt

Heat oven to 425°. Place pork on rack in shallow roasting pan. Sprinkle with salt and pepper. Insert meat thermometer horizontally so tip is in thickest part of pork. Roast uncovered 27 to 29 minutes or until thermometer reads 160° (medium doneness). Cool pork; cut into slices.

Arrange salad greens, bell pepper, mushrooms, black-eyed peas and pork on large serving plate. Serve with Creamy Lime Dressing.

## CREAMY LIME DRESSING:

Mix all ingredients.



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Per serving: 292 Calories (kcal); 11g Total Fat; (32% calories from fat); 27g Protein; 24g Carbohydrate; 59mg Cholesterol; 659mg Sodium  
Food Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit, 1 1/2 Fat; 1/2 Other Carbohydrates

NOTES : The tenderloin is considered the choicest of pork cuts. Although higher in price per pound than loin roast, tenderloin is a good value because it is lean and has no waste.

Nutr. Assoc. : 0 0 0 2130706543 0 0 0 4977 2275 2130706543 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spaghetti Torte

Recipe By :  
Serving Size : 8 Preparation Time : 0:00  
Categories : Meatless Pasta

Amount	Measure	Ingredient -- Preparation Method
1	(16 ounce) package	spaghetti
1/2	cup	grated Parmesan cheese
1/2	cup	Ricotta cheese
1	tablespoon	Italian seasoning
4		egg whites

OR

1/2 cup fat-free cholesterol-free egg product

1/4 cup chopped fresh basil

OR

1 1/2 teaspoons dried basil leaves

2 medium tomatoes -- coarsely chopped

4 (1 ounce) slices Provolone cheese -- cut into fourths

Spaghetti sauce -- if desired

Heat oven to 350°. Spray springform pan, 9 × 3 inches, with nonstick cooking spray. Cook and drain spaghetti as directed on package. Rinse with cold water; drain. Toss spaghetti, Parmesan cheese, Ricotta cheese, Italian seasoning and egg whites until spaghetti is well coated.

Press half of the spaghetti mixture in bottom of pan. Sprinkle with half of the basil. Layer with half of the tomatoes and cheese slices. Press remaining spaghetti mixture on top. Sprinkle with remaining basil. Layer with remaining tomatoes and cheese slices.

Bake 30 minutes. Let stand 15 minutes. Remove sides of pan. Cut torte into wedges. Serve with spaghetti sauce.

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Description:

"For a new twist on spaghetti, try this simple torte. It's easy to cut and serve too!"

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Per serving: 326 Calories (kcal); 8g Total Fat; (23% calories from fat); 17g Protein; 45g Carbohydrate; 21mg Cholesterol; 264mg Sodium  
 Food Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 0 2130706543 0 0 2130706543 5296 1198 0

\* Exported from MasterCook \*

### Spaghetti with Broccoli and Mushrooms

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Meatless Pasta

Amount	Measure	Ingredient -- Preparation Method
1	(10 ounce) package	frozen chopped broccoli
1	(4 1/2 ounce) jar	sliced mushrooms -- drained
2	tablespoons	reduced-fat margarine
1/2	teaspoon	salt
1/8	teaspoon	pepper
1	(7 ounce) package	uncooked spaghetti
1/4	cup	grated Parmesan cheese
1	tablespoon	lemon juice

Cook broccoli as directed on package; drain. Stir in mushrooms, margarine, salt and pepper. Heat over low heat, stirring occasionally until mushrooms are hot, about 5 minutes. Cook spaghetti as directed on package; drain. Toss spaghetti, broccoli mixture, Parmesan cheese and lemon juice.

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Per serving: 129 Calories (kcal); 3g Total Fat; (18% calories from fat); 6g Protein; 21g Carbohydrate; 2mg Cholesterol; 292mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 2461 3931 0 0 1405 0 0

\* Exported from MasterCook \*

### Spicy Beef Chow Mein

Recipe By :

Serving Size : 5 Preparation Time : 0:00

Categories : Beef Meat

Amount Measure Ingredient -- Preparation Method

2	tablespoons	sake, rice wine	
		OR	
2	tablespoons	chicken broth	
1	teaspoon	finely chopped gingerroot	
1/4	teaspoon	crushed red pepper (1/4 to 1/2 teaspoon)	
1	clove	garlic -- finely chopped	
3/4	pound	beef boneless sirloin -- cut into 2 x 1 x 1/8-inch strips	
1	(3 ounce) package	beef-flavored ramen noodles	
1	cup	water	
2	teaspoons	cornstarch	
4	medium stalk	celery -- sliced (2 cups)	
1	(15 ounce) can	whole straw mushrooms -- drained	
1	(15 ounce) can	baby corn -- drained	
1	(8 ounce) can	sliced bamboo shoots -- drained	
1	(2 ounce) jar	sliced pimientos -- drained	

Spray wok or 12-inch skillet with nonstick cooking spray. Heat over high heat until hot. Add beef; stir-fry about 3 minutes or until brown. Add celery; stir-fry 2 minutes or until crisp-tender. Stir in mushrooms, corn, bamboo shoots and pimientos. Stir in cornstarch mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add noodles; toss.

Mix sake, gingerroot, red pepper and garlic in medium glass or plastic bowl. Stir in beef. Cover and refrigerate 15 minutes. Cook and drain noodles as directed on package. Mix water, cornstarch and contents of ramen flavor packet.

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#### Description:

"Move over, old-fashioned chow mein! Our new version features ramen noodles, straw mushrooms and only 6 grams of fat per serving."

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Per serving: 305 Calories (kcal); 13g Total Fat; (38% calories from fat); 20g Protein; 25g Carbohydrate; 43mg Cholesterol; 637mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 1 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 4810 0 2130706543 26086 4713 0 2210 357 0 0 0 5142 0 2141  
4487

\* Exported from MasterCook \*

Spicy Beef Salad

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Beef Meat  
Salads

Amount Measure Ingredient -- Preparation Method

1 pound beef flank steak or boneless sirloin steak  
2 tablespoons sherry  
1 tablespoon soy sauce  
2 teaspoons sugar  
1/2 cup thinly sliced green onions (with tops)  
2 medium tomatoes -- cut into chunks  
4 cups sliced mushrooms (about 10 ounces)  
6 cups shredded lettuce (about 1 small head) or  
radicchio (about 2 small heads)  
Spicy Dressing -- (recipe follows)

#### SPICY DRESSING

1/4 cup rice wine or white wine vinegar  
2 tablespoons soy sauce  
1 teaspoon finely chopped gingerroot  
1 teaspoon sesame oil  
1/8 teaspoon ground red pepper  
1 clove garlic -- finely chopped

Trim fat from beef steak; cut beef with grain into 2-inch strips. Cut strips across grain into 1/8-inch slices. (For ease in cutting, partially freeze beef, about 1 1/2 hours.) Toss beef, sherry, soy sauce and sugar in glass or plastic bowl or in heavy plastic bag. Cover and refrigerate 30 minutes.

Heat 10-inch nonstick skillet over medium-high heat until 1 or 2 drops of water bubble and skitter when sprinkled on surface. Add half of the beef; stir-fry until beef is no longer pink, about 3 minutes. Remove beef from skillet; drain. Repeat with remaining beef, toss beef with green onions in large bowl. Layer tomatoes, mushrooms and lettuce over beef. Cover and refrigerate at least 1 hour but no longer than 10 hours. Pour Spicy Dressing over salad; toss until well coated.

## SPICY DRESSING:

Shake all ingredients in tightly covered container.

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## Description:

"The Oriental influence in this salad is unmistakable: rice wine vinegar, soy sauce, gingerroot and sesame oil."

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Per serving: 163 Calories (kcal); 5g Total Fat; (27% calories from fat); 19g Protein; 10g Carbohydrate; 44mg Cholesterol; 570mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2228 0 0 0 20030 20231 4977 4924 2130706543 0 ■ 4735 ■  
26086 0 0 0

\* Exported from MasterCook \*

## Spicy Burgers

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient	-- Preparation Method
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1       pound extra-lean ground beef  
 1/2     teaspoon chili powder  
 1/2     teaspoon pepper  
 1/4     teaspoon salt  
 1/4     teaspoon ground red pepper (cayenne)  
 1       clove garlic -- finely chopped

Mix all ingredients thoroughly. Shape mixture into 4 patties, each 1/2 inch thick. Heat 10-inch nonstick skillet until hot. Place patties in skillet; reduce heat to medium. Cover and cook 6 to 8 minutes, turning once, until desired doneness.

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Per serving: 218 Calories (kcal); 14g Total Fat; (58% calories from fat); 21g Protein; 1g Carbohydrate; 70mg Cholesterol; 196mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

Serving Ideas : Top this burger with some Guacamole (see recipe) for a special treat.

Nutr. Assoc. : 9018 0 0 0 2514 0

\* Exported from MasterCook \*

Spicy Caribbean Chicken



Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Grilling Poultry

Amount Measure Ingredient -- Preparation Method

6 skinless boneless chicken breast halves  
(about 1 pound)  
Spicy Marinade -- (recipe follows)

#### SPICY MARINADE

4 medium green onions -- sliced  
2 jalapeño chilis -- seeded and chopped  
1/3 cup lemon juice  
1/4 cup honey  
2 tablespoons chopped fresh thyme  
OR  
2 teaspoons dried thyme leaves  
2 tablespoons vegetable oil  
1/2 teaspoon salt  
1/4 teaspoon ground allspice  
1/4 teaspoon ground nutmeg

Prepare Spicy Marinade. Place chicken in shallow nonmetal dish or heavy-duty resealable plastic bag. Pour marinade over chicken; turn chicken to coat with marinade. Cover and refrigerate at least 2 hours but no longer than 6 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Remove chicken from marinade; reserve marinade. Cover and grill chicken 4 to 6 inches from medium heat 15 to 20 minutes, turning and brushing frequently with marinade, until juice of chicken is no longer pink when centers of thickest pieces are cut. Discard any remaining marinade.

#### SPICY MARINADE:

Place all ingredients in food processor or blender. Cover and process about 20 seconds or until smooth.

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Please note that although this recipe contains ingredients that are not fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed.

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Per serving: 222 Calories (kcal); 6g Total Fat; (24% calories from fat); 28g Protein; 14g Carbohydrate; 68mg Cholesterol; 257mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates

Nutr. Assoc. : 2313 2130706543 0 0 3585 26360 0 0 26058 0 2130706543 0 0 ■  
0

\* Exported from MasterCook \*

### Spicy Citrus Chicken

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
6		skinless boneless chicken breast halves

(about 1 1/2 pounds)

1/2 cup unsweetened grape juice

OR

1/2 cup red wine

1 tablespoon grated orange peel

1/2 cup orange juice

1 tablespoon grated lemon peel

1/2 cup lemon juice

2 tablespoons chopped fresh cilantro

2 tablespoons chopped green onions

1 1/2 teaspoons chopped fresh oregano

OR

1/2 teaspoon dried oregano leaves

1 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon crushed red pepper

Orange slices -- if desired

Place chicken in shallow glass or plastic dish. Mix remaining ingredients except orange slices; pour over chicken. Cover and refrigerate at least 3 hours but no longer than 24 hours.

Heat oven to 375°. Spray rack in shallow roasting pan with nonstick cooking spray. Remove chicken from marinade; place on rack. Reserve marinade. Bake uncovered 35 to 45 minutes, brushing with marinade every 15 minutes, until juice of chicken is no longer pink when centers of thickest pieces are cut. Discard any remaining marinade. Garnish with orange slices.

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fully consumed in the finished product, nutritional information by MasterCook includes all of the ingredients listed, including the portions that are not consumed.

Description:

"You'll love serving this to company! Just add a cool, crisp salad and crusty French rolls, and your meal's complete."

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Per serving: 161 Calories (kcal); 2g Total Fat; (9% calories from fat); 28g Protein; 8g Carbohydrate; 68mg Cholesterol; 257mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1/2 Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2313 654 0 2130706543 0 0 20084 0 0 0 0 0 2130706543 0 ■ ■  
2130706543

\* Exported from MasterCook \*

# Spicy Curried Chicken with Couscous

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
4		small skinless boneless chicken breast halves (about 2 pounds)
3	teaspoons	vegetable oil
1/4	teaspoon	salt
1/8	teaspoon	ground red pepper (cayenne)
1	cup	chopped unpeeled green apple (about 1 medium)
1/2	cup	chopped onion (about 1 medium)
1	clove	garlic -- finely chopped
2	teaspoons	curry powder
2	teaspoons	grated orange peel

- 1 cup chicken broth
- OR
- 1 cup water
- 1/4 cup raisins
- 1 tablespoon cornstarch
- 1/4 cup cold water
- 2 cups hot cooked couscous
- OR
- 2 cups hot cooked rice

Remove excess fat from chicken; cut chicken into 1-inch pieces. Heat 2 teaspoons of the oil in 10-inch nonstick skillet until hot. Cook and stir chicken, salt and red pepper in oil over medium heat until chicken is done, about 5 minutes; remove chicken. Add remaining 1 teaspoon oil, the apple, onion, garlic, curry powder and orange peel; cook and stir until apple is tender, about 7 minutes.

Stir in chicken broth and raisins. Heat to boiling, stirring constantly. Mix cornstarch and water; stir into chicken mixture. Boil and stir 1 minute. Serve over couscous.

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Per serving: 308 Calories (kcal); 5g Total Fat; (15% calories from fat); 31g Protein; 33g Carbohydrate; 68mg Cholesterol; 219mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2313 0 0 2514 3567 2679 0 0 0 2130706543 ■ 0 4680 ■ ■ 2809  
0 2130706543

\* Exported from MasterCook \*

## Spicy Five-Pepper Spoon Bread

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1	cup	yellow cornmeal
2	cups	milk
2	cups	water
1/2	cup	shredded Gruyère or Swiss cheese (2 ounces)
1	cup	frozen whole kernel corn
1	cup	chopped yellow bell pepper (about 1 medium)
1/2	cup	chopped red bell pepper (about 1 small)
1/2	cup	chopped green bell pepper (about 1 small)
1/2	cup	chopped onion (about 1 medium)
1/2	teaspoon	salt
1/4	teaspoon	white pepper
1	(4 ounce) can	chopped green chilis -- drained
1		egg
3		egg whites
1	cup	salsa

Heat oven to 400°. Grease 3-quart casserole. Mix cornmeal, milk and water in 2-quart saucepan. Cook, stirring constantly, until mixture thickens and boils; reduce heat. Stir in 1/4 cup of the cheese and the remaining ingredients except the 3 egg whites and salsa.

Beat egg whites on high speed until soft peaks form; fold into cornmeal mixture. Spoon into casserole (casserole will be full). Sprinkle with remaining cheese. Bake uncovered 35 to 40 minutes or until set and golden brown. Serve with salsa.

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Per serving: 360 Calories (kcal); 9g Total Fat; (22% calories from fat); 18g Protein; 54g Carbohydrate; 71mg Cholesterol; 1049mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 4039 0 697 0 26064 20164 20088 2679 0 ■ 27203 0 3231 0

\* Exported from MasterCook \*

### Spicy Garbanzos

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
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1	tablespoon	vegetable oil
1	teaspoon	mustard seed
1	large	onion -- chopped (1 cup)
1/2	cup	vegetable broth
		OR
1/2	cup	chicken broth
2	tablespoons	tomato paste

- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 2 (15 ounce) cans garbanzo beans (15 to 16 ounce cans) — rinsed and drained
- 2 tablespoons chopped parsley -- if desired

Heat oil in 2-quart saucepan over medium-high heat. Cook mustard seed and onion in oil, stirring occasionally, until onion is tender. Stir in remaining ingredients. Cook about 5 minutes, stirring occasionally, until beans are hot. Sprinkle with parsley.

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Per serving: 326 Calories (kcal); 7g Total Fat; (18% calories from fat); 12g Protein; 56g Carbohydrate; trace Cholesterol; 1172mg Sodium  
Food Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; ■ Other Carbohydrates

NOTES : Mustard seeds, available in both white and brown varieties, add unexpected flavor and crunch to food.

Nutr. Assoc. : 0 0 0 0 0 2130706543 0 0 0 3615 2603 0

\* Exported from MasterCook \*

Spicy Grilled Sirloin

Recipe By :  
Serving Size : 6 Preparation Time :0:00



Categories : Beef                      Grilling  
Meat

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	beef boneless top sirloin steak — about 1 inch thick
1/4	cup	soy sauce
2	tablespoons	lemon juice
1	tablespoon	vegetable oil
1	teaspoon	ground cumin
1	teaspoon	chili powder
1	clove	garlic -- finely chopped

Pierce beef with fork several times on both sides. Mix remaining ingredients in shallow nonmetal dish or heavy-duty resealable plastic bag. Add beef, turning to coat with marinade. Cover dish or seal bag and refrigerate, turning beef occasionally, at least 6 hours but no longer than 24 hours.

Heat coals or gas grill. Remove beef from marinade; discard marinade. Cover and grill beef 4 to 6 inches from medium heat 15 to 18 minutes for medium doneness, turning once. Cut beef cross grain into 1/2-inch slices.

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Per serving: 188 Calories (kcal); 8g Total Fat; (39% calories from fat); 26g Protein; 2g Carbohydrate; 66mg Cholesterol; 755mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2228 0 0 0 0 0 0

\* Exported from MasterCook \*

### Spicy Mexican Skillet Chicken

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1/2	teaspoon	chili powder (1/2 to 1 teaspoon)
1/4	teaspoon	salt
1/4	teaspoon	pepper
4		skinless boneless chicken breast halves (about 1 pound)
1	tablespoon	vegetable oil
1	cup	frozen (thawed) corn
		OR
1	cup	canned (drained) whole kernel corn
1/3	cup	chunky salsa
2	tablespoons	chopped fresh cilantro
1		large tomato -- chopped (about 1 cup)
1		(15 ounce) can black beans -- rinsed and drained

Mix chili powder, salt and pepper. Sprinkle evenly over both sides of chicken. Heat oil in 10-inch skillet over medium-high heat. Cook chicken in oil 10 minutes or until brown on both sides. Stir in remaining ingredients. Heat to boiling; reduce heat Cover and simmer 3 to 5 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut and vegetables are heated through.

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Per serving: 300 Calories (kcal); 6g Total Fat; (18% calories from fat); 35g Protein; 25g Carbohydrate; 68mg Cholesterol; 638mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 2614 0 0 2313 0 3450 0 2130706543 1325 0 0 578

\* Exported from MasterCook \*

### Spicy Mexican Torte

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	turkey Italian sausage links
2	medium	onions -- chopped (1 cup)
2	cloves	garlic -- finely chopped
1	(4 ounce)	can chopped green chilis -- drained
8		flour tortillas (8 to 10 inches in diameter)*
2	cups	shredded reduced-fat Monterey Jack cheese (8 ounces)

- 1 (16 ounce) can fat-free refried beans
- 1 (7 ounce) jar roasted red bell peppers — drained
- Salsa, sour cream or guacamole, if desired

Remove casings from sausage links. Cut sausages into 1/4-inch slices. Cook sausage, onions and garlic in 10-inch nonstick skillet over medium heat, stirring occasionally, until sausage is brown; drain. Stir in chilis; set aside.

Heat oven to 400°. Grease pie plate, 10 × 1 1/2 inches. Place 2 tortillas in pie plate. Spread with half of the sausage mixture; sprinkle with 1 cup of the cheese. Place 2 tortillas on cheese; spread with beans. Place 2 tortillas on beans; top with bell peppers. Place 2 tortillas on peppers; spread with remaining sausage mixture. Sprinkle with remaining 1 cup cheese. Cover and bake 40 minutes or until cheese is melted and center ■ hot. Cool 10 minutes before cutting. Serve with salsa.

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Per serving: 339 Calories (kcal); 9g Total Fat, (25% calories from fat); 20g Protein; 42g Carbohydrate; 34mg Cholesterol; 942mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat, ■ Other Carbohydrates

NOTES : \*16 corn tortillas (5 to 6 inches in diameter) can be substituted for the flour tortillas. Overlap 4 corn tortillas for each layer.

Nutr. Assoc. #26513 27188 0 27203 1666 26424 0 4752 ■ 0

\* Exported from MasterCook \*

## Spicy Peach Chicken

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Grilling Poultry

Amount	Measure	Ingredient -- Preparation Method
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1	(12 ounce) jar	peach preserves
1	tablespoon	orange juice concentrate
1	teaspoon	grated gingerroot
1	teaspoon	ground cinnamon
1/2	teaspoon	ground nutmeg
1/4	teaspoon	salt
4		skinless boneless chicken breast halves (about 1 pound)

Mix all ingredients except chicken in shallow nonmetal dish or heavy-duty resealable plastic bag. Add chicken, turning to coat with marinade. Cover dish or seal bag and refrigerate 2 to 4 hours, turning chicken occasionally.

Heat coals or gas grill. Remove chicken from marinade; reserve marinade. Place chicken on grill; brush with half of the marinade. Cover and grill 5 to 6 inches from medium heat 15 to 20 minutes, turning once and brushing with remaining marinade, until juice of chicken is no longer pink when centers of thickest pieces are cut.

If desired, heat remaining marinade to boiling. Boil 1 minute. Serve with chicken.

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Per serving: 346 Calories (kcal); 2g Total Fat; (4% calories from fat); 28g Protein; 57g Carbohydrate; 68mg Cholesterol; 244mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 3 1/2 Other Carbohydrates

Nutr. Assoc. : 0 1007 0 0 0 0 2313 0

\* Exported from MasterCook \*

### Spicy Shredded Chicken and Vegetables

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1/3	cup	fat-free reduced-sodium chicken broth
1/2	pound	skinless boneless chicken breast halves
2	cups	broccoli slaw or coleslaw mix
1/2	medium	red bell pepper -- cut into 2 × 1/4-inch pieces (1/2 cup)
2	tablespoons	brown bean sauce*
2	teaspoons	sugar
2	teaspoons	chili purée with garlic
1	teaspoon	finely chopped gingerroot
4	cups	hot cooked rice

Heat broth to boiling in 10-inch skillet. Add chicken; reduce heat to medium-low. Cover and cook about 8 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut. Remove chicken from

broth; reserve broth. Cool chicken 5 minutes. Cut chicken into 2-inch pieces. Shred pieces with 2 knives or forks.

Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add broccoli slaw; stir-fry about 2 minutes or until crisp-tender. Add bell pepper and chicken; stir-fry 1 minute. Stir bean sauce, sugar, chili purée and gingerroot into reserved broth. Pour into wok; stir-fry about 1 minute or until heated through. Serve over rice.

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Per serving: 223 Calories (kcal); 1g Total Fat; (4% calories from fat); 13g Protein; 39g Carbohydrate; 22mg Cholesterol; 122mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; ■ Fat; ■ Other Carbohydrates

NOTES : Using precut vegetables, such as broccoli slaw or coleslaw mix, is a real time-saver.

\*Hoisin sauce can be substituted for the brown bean sauce.  
Decrease sugar to 1 teaspoon.

Nutr. Assoc. : 25062 2313 4920 0 2255 0 2615 26086 0

\* Exported from MasterCook \*

Spicy Shrimp with Creole Sauce

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Grilling Seafood

Amount	Measure	Ingredient -- Preparation Method
1		pound fresh or frozen raw large shrimp in shells
1/2	cup	olive or vegetable oil
1/2	teaspoon	poultry seasoning
1/2	teaspoon	dried oregano leaves (do not substitute fresh)
1/2	teaspoon	chili oil or crushed red pepper
1/4	teaspoon	salt
1		clove garlic -- finely chopped
		Creole Sauce -- (recipe follows)
3	cups	hot cooked rice

#### CREOLE SAUCE

1	tablespoon	margarine or butter
1		small green bell pepper -- diced (1/2 cup)
2		cloves garlic -- finely chopped
1	(14 1/2 ounce) can	stewed tomatoes -- undrained
1	tablespoon	chopped fresh thyme leaves
		OR
1	teaspoon	dried thyme leaves
1/8	teaspoon	pepper
1/8	teaspoon	red pepper sauce
2		large bay leaves

Peel shrimp. (If shrimp are frozen, do not thaw; peel in cold water.) Make a shallow cut lengthwise down back of each shrimp; wash out vein.

Mix remaining ingredients except Creole Sauce and rice in large nonmetal bowl. Add shrimp, stirring to coat with marinade. Cover and refrigerate at least 15 minutes but no longer than 1 hour.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Prepare Creole Sauce; keep warm. Drain shrimp; discard marinade. Grill shrimp uncovered 4 inches from medium heat 4 to 6 minutes, turning once, until shrimp are pink and firm.



Serve shrimp and sauce over rice.

#### CREOLE SAUCE:

Melt margarine in 1 1/2-quart saucepan over medium heat. Cook bell pepper and garlic in margarine, stirring occasionally, until bell pepper is crisp-tender. Stir in remaining ingredients, breaking up tomatoes. Heat to boiling; reduce heat to low. Simmer uncovered 5 to 10 minutes, stirring occasionally, until thickened. Discard bay leaves. Serve warm.

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#### Description:

"These delicious shrimp can also be served as an appetizer. Use the Creole Sauce on the side for dipping. Make grilling the shrimp easier by using a grill screen to cook them in."

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Per serving: 574 Calories (kcal); 31g Total Fat; (49% calories from fat); 24g Protein; 49g Carbohydrate; 175mg Cholesterol; 397mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 6 Fat; 0 Other Carbohydrates

Nutr. Assoc. #26456 986 4614 1016 3002 0 620 2130706543 0 0 0 4098 0 3505

0 26058 0 2130706543 0 4713 2160

\* Exported from MasterCook \*

## Spicy Tortilla Chips

Recipe By :

Serving Size : 96 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
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2	tablespoons	margarine -- melted
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1/2	teaspoon	chili powder
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8		corn tortillas
---	--	----------------

OR

8		flour tortillas (8 inches in diameter)
---	--	--

Heat oven to 400°. Mix margarine and chili powder; brush on one side of tortillas. Cut each into 12 wedges. Place on ungreased jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Bake uncovered 8 to 10 minutes or until crisp and golden brown; cool. (Tortillas will continue to crisp as they cool.)

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Yield:

"96 chips"

Per serving: 7 Calories (kcal); trace Total Fat, (37% calories from fat); trace Protein; 1g Carbohydrate; 0mg Cholesterol; 6mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit, ■ Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 2883 0 2130706543

\* Exported from MasterCook \*

### Spinach Frittata with Creole Sauce

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Eggs Meatless

Amount Measure Ingredient -- Preparation Method

-----  
 Creole Sauce -- (recipe follows)  
 2 teaspoons margarine or butter  
 1 small onion -- chopped (1/4 cup)  
 3 cups coarsely chopped spinach (4 ounces)  
 6 eggs  
 OR  
 1 1/2 cups fat-free cholesterol-free egg product  
 1/2 teaspoon chopped fresh thyme leaves  
 OR  
 1/8 teaspoon dried thyme leaves  
 1/8 teaspoon salt  
 1/8 teaspoon pepper  
 2 tablespoons shredded Mozzarella cheese

#### CREOLE SAUCE

1 large tomato -- coarsely chopped (1 cup)  
 1 small onion -- chopped (1/4 cup)  
 2 tablespoons sliced celery  
 1/4 teaspoon paprika  
 1/8 teaspoon pepper  
 4 drops red pepper sauce

Prepare Creole Sauce; keep warm. Melt margarine in 10-inch nonstick skillet over medium heat. Cook onion in margarine 3 minutes, stirring occasionally. Add spinach; toss just until spinach is wilted. Reduce heat to medium-low.

Beat eggs, thyme, salt and pepper until blended; pour over spinach. Cover and cook 5 to 7 minutes or until eggs are set in center and light brown on bottom. Sprinkle with cheese. Cut into wedges. Serve with Creole Sauce.

#### CREOLE SAUCE:

Heat all ingredients to boiling in 1-quart saucepan, stirring occasionally; reduce heat. Simmer uncovered about 5 minutes, stirring occasionally, until thickened.

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#### Description:

"Corn muffins and cut-up fresh fruit make a delicious accompaniment to this frittata, which is inspired by the flavors of New Orleans."

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Per serving: 160 Calories (kcal); 10g Total Fat; (53% calories from fat); 11g Protein; 8g Carbohydrate; 284mg Cholesterol; 213mg Sodium  
Food Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; ■ Other Carbohydrates

Nutr. Assoc. #:2130706543 4098 0 2687 3218 0 2130706543 26058 0 2130706543  
0 0 0 0 0 0 0 0 0 1471

\* Exported from MasterCook \*

## Spring Vegetable Paella

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1		pound asparagus -- cut into 2-inch pieces
3		cups broccoli flowerets
2		teaspoons olive or vegetable oil
1		medium red bell pepper -- cut into 1/4-inch strips
1 1/4		cups sliced zucchini (about 1 medium)
1/2		cup chopped onion (about 1 medium)
4		cups cooked brown or regular long-grain rice
2		cups coarsely chopped seeded tomatoes (about 2 large)
3/4		teaspoon salt
1/2		teaspoon saffron threads
		OR
1/4		teaspoon ground turmeric
2		(15 ounce) cans garbanzo beans (15 to 16 ounce cans) -- rinsed and drained
1		(10 ounce) package frozen green peas -- thawed

Cook asparagus and broccoli in enough boiling water to cover in 2-quart saucepan about 4 minutes or until crisp-tender; drain. Heat oil in Dutch oven over medium-high heat. Cook asparagus, broccoli, bell pepper, zucchini and onion in oil about 5 minutes, stirring occasionally, until onion is crisp-tender. Stir in remaining ingredients. Cook about 5 minutes, stirring frequently, until hot.

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Per serving: 409 Calories (kcal); 5g Total Fat; (10% calories from fat); 16g Protein; 78g Carbohydrate; 0mg Cholesterol; 767mg Sodium  
Food Exchanges: 4 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; ■ Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 2358 986 0 26099 2679 2827 26059 0 0 ■ 2130706543 2603 ■

\* Exported from MasterCook \*

### Squash and Bean Chili Stew

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meatless Soups/Stews

Amount Measure Ingredient -- Preparation Method

-----

2	tablespoons	vegetable oil	
1/4	cup	chopped onion	
1	clove	garlic -- finely chopped	
1	large	red bell pepper -- cut into 2 x 1/2-inch strips	
2	medium	poblano or Anaheim chilis -- seeded and cut into 2 x 1/2-strips	
1		jalapeño chili -- seeded and chopped	
1	cup	cubed Hubbard or acorn squash (1/2 pound)	
2	(14 1/2 ounce) cans	reduced-sodium chicken broth	
1/2	teaspoon	salt	
1/2	teaspoon	pepper	
1/2	teaspoon	ground coriander	
1	cup	thinly sliced zucchini	
1	cup	thinly sliced yellow summer squash	
1	(15 1/4 ounce) can	whole kernel corn -- drained	

1 (15 ounce) can pinto beans (15 to 16 ounce can) -- drained

Heat oil in Dutch oven over medium heat. Cook onion and garlic in oil, stirring occasionally, until onion is tender. Stir in bell pepper and poblano and jalapeño chilis. Cook 15 minutes. Stir in Hubbard squash, broth, salt, pepper and coriander. Heat to boiling; reduce heat. Cover and simmer about 15 minutes or until squash is tender. Stir in remaining ingredients. Simmer uncovered about 10 minutes, stirring occasionally, until zucchini is tender.

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Per serving: 202 Calories (kcal); 5g Total Fat; (22% calories from fat); 12g Protein; 30g Carbohydrate; 0mg Cholesterol; 915mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 4532 20103 3729 4017 0 0 0 26099 5654 26006 26002

\* Exported from MasterCook \*

#### Steamed Red Snapper and Carrots

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
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1/2	cup	reduced-sodium chicken broth
2	tablespoons	oyster sauce
2	tablespoons	rice wine vinegar or cider vinegar
1	pound	baby-cut carrots (3 cups)
1	pound	red snapper or other lean fish fillets -- cut into 4 pieces
4		green onions -- cut into 1-inch pieces
2	cups	shredded napa (Chinese) cabbage (8 ounces) -- if desired

Mix broth, oyster sauce and vinegar in 12-inch skillet. Add carrots. Heat to boiling; reduce heat. Cover and simmer 5 minutes. Add fish. Heat to boiling; reduce heat to medium. Cover and simmer 10 to 15 minutes or until fish flakes easily with fork. Stir in onions. Cover and cook 2 minutes. Serve over cabbage.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 154 Calories (kcal); 1g Total Fat; (8% calories from fat); 23g Protein; 12g Carbohydrate; 49mg Cholesterol; 246mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Instead of using oil to cook the carrots and fish, we use chicken broth. The result? Lots of flavor, less fat.

Nutr. Assoc. : 4017 0 4735 2111 2747 3585 2616

\* Exported from MasterCook \*



## Steamed Vegetable Dumplings

Recipe By :

Serving Size : 10 Preparation Time : 0:00

Categories : Appetizers Vegetables

Amount Measure Ingredient -- Preparation Method

-----  
 6                   Horseradish Dipping Sauce -- (recipe follows)  
 6                   dried black (shiitake) mushrooms  
 4                   cups coleslaw mix (8 ounces)  
 1/3                  cup chopped green onions (4 medium)  
 1                   teaspoon grated gingerroot  
 2                   cloves garlic -- finely chopped  
 2                   tablespoons soy sauce  
 1/2                  teaspoon sesame oil  
 30                   wonton or siu mai skins

### HORSERADISH DIPPING SAUCE

1/4                  cup soy sauce  
 2                   tablespoons prepared horseradish  
 2                   teaspoons grated gingerroot  
 1                   teaspoon sugar  
 1 1/2                teaspoons rice vinegar

Prepare Horseradish Dipping Sauce. Soak mushrooms in hot water about 20 minutes or until soft; drain. Rinse with warm water; drain. Squeeze out excess moisture. Remove and discard stems; chop caps. Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Add mushrooms, coleslaw mix, green onions, gingerroot and garlic; stir-fry about 4 minutes or until vegetables are very tender. Stir in soy sauce and sesame oil; cool.

Brush edges of 1 wonton skin with water. Place 1 scant tablespoon vegetable mixture on center of skin. (Cover remaining skins with plastic wrap to keep them pliable.) Fold bottom corner of wonton skin over filling to opposite corner, forming a triangle; pleat unfolded edges. (Cover filled dumplings with plastic wrap to keep them from drying out.) Repeat with remaining skins and vegetable mixture.

Place dumplings on heatproof plate; place plate on rack in steamer. Cover and steam over boiling water in wok or Dutch oven 15 minutes. Serve hot with dipping sauce.

#### HORSERADISH DIPPING SAUCE:

Mix all ingredients.

10 servings (3 dumplings each)

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Per serving: 96 Calories (kcal); 1g Total Fat; (6% calories from fat); 4g Protein; 19g Carbohydrate; 2mg Cholesterol; 770mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 2130706543 1365 4920 2665 0 0 0 0 5617 0 0 0 0 0 0

\* Exported from MasterCook \*

#### Steamed Vegetables with Yogurt Sauce

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories : Breads and Sides Vegetables

Amount Measure Ingredient -- Preparation Method

Yogurt Sauce -- (recipe follows)

3 cups cauliflowerets (1 pound)  
2 medium zucchini -- cut into 1-inch slices  
1 medium red or green bell pepper -- cut into 1/4-inch strips  
1/2 lemon (1 lemon half)

YOGURT SAUCE

1 cup plain nonfat yogurt  
2 tablespoons honey  
1 teaspoon Dijon mustard  
1/4 teaspoon salt  
3/4 teaspoon chopped fresh basil leaves  
OR  
1/4 teaspoon dried basil leaves  
3/4 teaspoon chopped fresh tarragon leaves  
OR  
1/4 teaspoon dried tarragon leaves  
1 clove garlic -- crushed  
Dash dried dill weed

Prepare Yogurt Sauce. Place steamer basket in 1/2 inch water in saucepan or skillet (water should not touch bottom of basket). Place cauliflowerets, zucchini and bell pepper in basket. Cover tightly and heat to boiling; reduce heat. Steam about 6 minutes or until vegetables are crisp-tender. Arrange vegetables on plate. Squeeze juice from lemon over vegetables. Serve with sauce.

Microwave Directions: Prepare Yogurt Sauce as directed. Place cauliflowerets, zucchini, bell pepper, 1/4 cup water and 1/2 teaspoon salt in 2-quart microwavable casserole. Cover tightly and microwave on High 7 to 9 minutes, stirring after 4 minutes, until vegetables are crisp-tender; drain.

YOGURT SAUCE:

Mix all ingredients. Cover and refrigerate at least 2 hours but no longer than 24 hours.

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**Description:**

"Drizzled with herb-yogurt sauce, these vegetables will be the star of your plate!"

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Per serving: 54 Calories (kcal); trace Total Fat, (3% calories from fat); 3g Protein; 11g Carbohydrate; 1mg Cholesterol; 109mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 2130706543 26073 0 4695 3896 0 0 0 0 0 ■ 20028 0 2130706543  
26057 0 2130706543 0 0

\* Exported from MasterCook \*

### Stir-fried Asparagus with Sichuan Sauce

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Breads and Sides      Vegetables

Amount	Measure	Ingredient -- Preparation Method
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2       teaspoons sesame seed  
1       teaspoon sugar  
1       teaspoon sesame oil  
1       teaspoon chili purée with garlic  
1       pound asparagus -- cut into 2-inch diagonal pieces  
1/4     cup fat-free reduced-sodium chicken broth

Heat nonstick wok or 12-inch skillet over medium-high heat until hot; reduce heat to medium-low. Add sesame seed; cook and stir about 2 minutes or until light brown. Remove sesame seed from wok. Mix sugar, sesame oil and chili purée.

Cool wok slightly; wipe clean. Spray with nonstick cooking spray and heat over medium-high heat until cooking spray starts to bubble. Add asparagus; stir-fry 1 minute. Stir in broth; cover and cook 2 minutes. Add chili sauce mixture; stir-fry 1 minute. Stir in sesame seed.

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Per serving: 38 Calories (kcal); 2g Total Fat; (40% calories from fat); 2g Protein; 4g Carbohydrate; 0mg Cholesterol; 33mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #1357 0 0 2615 0 25062

\* Exported from MasterCook \*

## Stir-fried Chicken Pitas

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
3/4	pound	skinless boneless chicken breast -- cut into 1-inch pieces
1	small	zucchini -- sliced
1	medium	carrot -- shredded
1	small	onion -- sliced and separated into rings
1	teaspoon	chopped fresh basil leaves
		OR
1/4	teaspoon	dried basil leaves
1/4	teaspoon	chopped fresh oregano
		OR
1/4	teaspoon	dried oregano leaves
1/4	teaspoon	pepper
1	medium	tomato -- chopped (3/4 cup)
3		pita breads (6 inches in diameter) -- cut in half to form pockets
1/3	cup	shredded Mozzarella cheese

Spray 10-inch nonstick skillet with nonstick cooking spray; heat skillet over medium-high heat until hot. Add chicken; stir-fry 3 to 4 minutes or until no longer pink in center. Add zucchini, carrot, onion, basil, oregano and pepper; stir-fry 2 to 3 minutes or until vegetables are crisp-tender. Stir in tomato. Fill pita breads with chicken mixture. Sprinkle with cheese.

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Per serving: 186 Calories (kcal); 3g Total Fat; (13% calories from fat); 18g Protein; 22g Carbohydrate; 39mg Cholesterol; 231mg Sodium  
 Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2314 0 0 0 20028 0 2130706543 26053 0 2130706543 0 ■ 4513 0

\* Exported from MasterCook \*

### Strawberry Margarita Pie

Recipe By :  
 Serving Size : 8 Preparation Time :0:00  
 Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
		-----
		Graham Cracker Shell -- (recipe follows)
2	envelopes	unflavored gelatin
1/2	cup	water
3	cups	strawberries
1/3	cup	sugar
1/4	cup	tequila
1	tablespoon	orange-flavored liqueur
1/2	(2.8 ounce) package	whipped topping mix (1 envelope)

### GRAHAM CRACKER SHELL

1 1/4	cups	graham cracker crumbs
2	tablespoons	strawberry jelly
1	tablespoon	vegetable oil

Prepare Graham Cracker Shell. Sprinkle gelatin on water in 2-quart  
 saucepan. Let stand 1 minute to soften. Place strawberries, sugar, tequila  
 and liqueur in blender or food processor. Cover and blend on medium speed

until smooth. Stir 1 cup strawberry mixture into gelatin mixture in saucepan.

Heat over low heat 3 to 5 minutes, stirring constantly, until gelatin is dissolved. Stir in remaining strawberry mixture. Place pan in bowl of ice and water, or refrigerate 30 to 40 minutes, stirring occasionally, just until mixture mounds slightly when dropped from spoon.

Prepare topping mix in large bowl as directed on package-except omit vanilla and substitute skim milk for the milk. Fold strawberry mixture into whipped topping. Spoon into pie shell. Sprinkle with reserved crumb mixture from shell. Refrigerate about 2 hours or until set.

#### GRAHAM CRACKER SHELL:

Spray pie plate, 9  $\times$  1 1/4 inches, with nonstick cooking spray. Mix all ingredients. Reserve 2 tablespoons mixture for topping. Press remaining mixture firmly against bottom and side of pie plate.

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Per serving: 189 Calories (kcal); 5g Total Fat; (26% calories from fat); 3g Protein; 29g Carbohydrate; 0mg Cholesterol; 92mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1 Other Carbohydrates

Nutr. Assoc. #2130706543 26353 0 1436 0 0 4305 27102 0 0 0 0 0



\* Exported from MasterCook \*

## Strawberry Margarita Swordfish

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Grilling Seafood

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	nonalcoholic margarita mix
3	tablespoons	lime juice
1	clove	garlic -- crushed
1 1/2	pounds	swordfish, tuna or marlin steaks -- 1/2 to 1 inch thick
1/2	teaspoon	coarse salt
3	cups	quartered strawberries
1/2	cup	coarsely broken fat-free pretzels

Mix margarita mix, lime juice and garlic in shallow glass or plastic dish. Add fish, turning to coat with marinade. Cover and refrigerate at least 1 hour but no longer than 24 hours.

Heat coals or gas grill. Remove fish from marinade; reserve marinade. Place fish on grill. Brush with marinade; sprinkle with 1/4 teaspoon of the salt. Cover and grill about 4 inches from medium heat 10 minutes, brushing 1 or 2 times with marinade. Turn fish. Brush with remaining marinade; sprinkle with remaining 1/4 teaspoon salt. Cover and grill 5 to 10 minutes longer or until fish flakes easily with fork. Spoon strawberries and pretzels over fish.

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Per serving: 198 Calories (kcal); 5g Total Fat; (22% calories from fat); 23g Protein; 14g Carbohydrate; 44mg Cholesterol; 323mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 5691 0 0 5234 0 1436 924

\* Exported from MasterCook \*

### Streusel-Topped Pumpkin Pie

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Desserts Pies

Amount Measure Ingredient -- Preparation Method

-----  
Brown Sugar Topping -- (recipe follows)  
1 (12 ounce) can evaporated skim milk  
3 egg whites  
1 (16 ounce) can pumpkin  
1/2 cup sugar  
1/2 cup all-purpose flour  
1 1/2 teaspoons pumpkin pie spice  
3/4 teaspoon baking powder  
1/8 teaspoon salt  
2 teaspoons grated orange peel

#### BROWN SUGAR TOPPING

1/4 cup packed brown sugar  
1/4 cup quick-cooking oats  
1 tablespoon margarine or butter -- softened

Heat oven to 350°. Prepare Brown Sugar Topping. Spray pie plate, 10 × 1 1/2 inches, with nonstick cooking spray. Place remaining ingredients in blender or food processor in order listed. Cover and blend until smooth. Pour into pie plate. Sprinkle with topping.

Bake 50 to 55 minutes or until knife inserted in center comes out clean. Cool 15 minutes. Refrigerate at least 4 hours or up to 24 hours.

#### BROWN SUGAR TOPPING:

Mix all ingredients.

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Per serving: 181 Calories (kcal); 2g Total Fat; (8% calories from fat); 6g Protein; 36g Carbohydrate; 2mg Cholesterol; 169mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates

Nutr. Assoc. #2130706543 0 3231 0 0 0 0 0 0 0 0 0 0 4098

\* Exported from MasterCook \*

#### Stuffed Pattypan Squash

Recipe By :  
Serving Size : 8 Preparation Time :0:00

Categories : Appetizers                      Vegetables

Amount Measure      Ingredient -- Preparation Method

---

16                      tiny pattypan squash (about 1 1/2 inches  
                         in diameter)\*  
1/2                      cup soft bread crumbs  
1/4                      teaspoon dried thyme leaves  
1/4                      teaspoon salt  
2                      green onions (with tops) -- finely chopped  
1                      tablespoon grated Parmesan cheese

Heat oven to 350°. Heat 1 inch water to boiling. Add squash. Cook 6 to 8 minutes or until crisp-tender; drain. Cut off stem ends. Hollow out squash; reserve squash shells. Chop squash meat finely. Mix squash and remaining ingredients except cheese. Spoon 1 heaping teaspoon filling into each squash shell. Sprinkle with cheese. Place in ungreased square pan, 9 ■ 9 ■ 2 inches. Bake uncovered 10 to 12 minutes or until hot.

8 servings (2 squash each)

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Per serving: 12 Calories (kcal); trace Total Fat, (22% calories from fat); 1g Protein; 2g Carbohydrate; 1mg Cholesterol; 94mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : \*8 small pattypan squash (about 2 1/2 inches in diameter) can be substituted for the tiny squash. Spoon 1 heaping tablespoon filling into each squash shell.

Nutr. Assoc. : 0 0 3159 0 26402 0

\* Exported from MasterCook \*

### Sun-Dried Tomato and Apricot Chicken

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	orange juice
2	tablespoons	balsamic vinegar
3	pounds	cut-up broiler-fryer chicken (3 to 3 1/2 pounds)
1/2	teaspoon	salt
1/4	teaspoon	pepper
1/3	cup	orange marmalade
1	(8 ounce) jar	sun-dried tomatoes in oil -- drained
1	(6 ounce) package	dried apricots
3	tablespoons	packed brown sugar

Heat oven to 375°. Mix orange juice and vinegar in ungreased rectangular pan, 13 x 9 x 2 inches. Arrange chicken, skin sides up, in pan. Spoon orange juice mixture over chicken. Sprinkle with salt and pepper. Spread marmalade over chicken. Bake uncovered 30 minutes.

Spoon orange juice mixture over chicken. Sprinkle tomatoes and apricots around chicken; toss with orange juice mixture. Sprinkle brown sugar over tomatoes and apricots. Bake uncovered 35 to 40 minutes, spooning orange juice mixture frequently over chicken, until juice of chicken is no longer pink when centers of thickest pieces are cut. (Cover pan loosely with aluminum foil when chicken begins to brown.)

Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Per serving: 389 Calories (kcal); 12g Total Fat; (27% calories from fat); 26g Protein; 47g Carbohydrate; 69mg Cholesterol; 380mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 1 Fat; 1 Other Carbohydrates

NOTES : If you prefer to use sun-dried tomatoes that aren't packed in oil, pour enough hot water over the dried tomatoes to cover them. Let them stand 10 to 15 minutes to soften; drain. You'll need 1 1/2 cups of the softened tomatoes.

Nutr. Assoc. : 0 0 5829 0 0 0 1448 0 0

\* Exported from MasterCook \*

### Sun-Dried Tomato and Bell Pepper Spread

Recipe By :  
Serving Size : 32 Preparation Time : 0:00  
Categories : Appetizers Dips, Spreads & Salsas

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	sun-dried tomatoes (not oil-packed)
1/2	cup	part-skim Ricotta cheese
1/4	cup	chopped fresh parsley
2	tablespoons	chopped fresh basil
		OR
2	teaspoons	dried basil leaves

- 4 drops red pepper sauce
- 1 medium yellow bell pepper -- chopped
- 1/2 (8 ounce) package reduced-fat cream cheese (Neufchâtel)
  - Mini-sweet peppers -- if desired
  - Baked Pita Chips -- (see recipe)
  - OR
  - Reduced-fat crackers
  - OR
  - Fresh vegetable dippers

Cover sun-dried tomatoes with hot water. Let stand at room temperature 10 minutes or until tender. Drain and chop. Mix sun-dried tomatoes and remaining ingredients except Baked Pita Chips. Garnish with mini-sweet peppers. Serve with Baked Pita Chips.

about 2 cups spread and 64 chips

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Yield:  
"2 Cups"

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Per serving: 37 Calories (kcal); 1g Total Fat; (26% calories from fat); 2g Protein; 5g Carbohydrate; 3mg Cholesterol; 76mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 1447 0 0 0 0 2130706543 1471 0 20218 2130706543 0 0  
2130706543 0 2130706543

\* Exported from MasterCook \*

## Baked Pita Chips

Recipe By :

Serving Size :8 Preparation Time :0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

4		whole wheat pita breads (6 inches in diameter)
---	--	--

Heat oven to 400°. Cut around outside edges of pita breads to separate layers. Cut each layer into 8 wedges. Place in single layer on 2 ungreased cookie sheets. Bake about 9 minutes or until crisp and light brown; cool.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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T(Bake):  
"0:09"

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Per serving: 85 Calories (kcal); 1g Total Fat; (8% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 170mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates



Nutr. Assoc. : 26190

\* Exported from MasterCook \*

### Super-Easy Chicken Stir-fry

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
2	tablespoons	vegetable oil
1	pound	skinless boneless chicken breast halves -- cut into 1-inch pieces
	OR	
1	pound	skinless boneless chicken thighs -- cut into 1-inch pieces
3	cups	cut-up assorted vegetables (bell pepper, broccoli flowerets, shredded carrots)
1	clove	garlic -- finely chopped
1/2	cup	stir-fry sauce
		Hot cooked vermicelli or rice -- if desired

Heat 1 tablespoon of the oil in 12-inch skillet or wok over high heat. Add chicken; stir-fry about 3 minutes or until no longer pink in center. Remove from skillet. Heat remaining 1 tablespoon oil in skillet. Add vegetables and garlic; stir-fry about 2 minutes or until vegetables are crisp-tender. Add chicken and stir-fry sauce. Cook and stir about 2 minutes or until heated through. Serve with vermicelli.

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Per serving: 231 Calories (kcal); 8g Total Fat; (32% calories from fat); 30g Protein; 9g Carbohydrate; 66mg Cholesterol; 1148mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #0 2313 0 2130706543 206 0 0 0

\* Exported from MasterCook \*

### Sweet-and-Sour Broccoli and Baby Corn

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Breads and Sides Vegetables

Amount	Measure	Ingredient -- Preparation Method
1		pound broccoli -- cut into flowerets and 1-inch pieces (4 cups)*
2	teaspoons	cornstarch
2	teaspoons	cold water
2	tablespoons	fat-free reduced-sodium chicken broth
2	tablespoons	honey
2	tablespoons	lemon juice
1	tablespoon	ketchup
1	teaspoon	finely chopped garlic
1	teaspoon	grated lemon peel
1/4	teaspoon	salt
		Dash crushed red pepper -- if desired
1	cup	canned baby corn -- rinsed and drained

Cut any broccoli stems more than 1 inch wide lengthwise in half. Place broccoli in boiling water; heat to boiling. Boil 1 minute; drain. Immediately rinse with cold water; drain. Mix cornstarch and cold water.

Heat broth, honey, lemon juice, ketchup, garlic, lemon peel and salt to

boiling in nonstick wok or 12-inch skillet, stirring frequently. Stir in cornstarch mixture. Cook and stir about 1 minute or until thickened. Stir in red pepper. Add broccoli and corn; cook and stir about 30 seconds or until heated through.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

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Description:

"A tasty sweet-and-sour sauce with minimal cooking makes this broccoli dish delicious without any added fat."

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Per serving: 69 Calories (kcal); trace Total Fat, (2% calories from fat); 3g Protein; 17g Carbohydrate; 0mg Cholesterol; 223mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates

NOTES : Leftover canned broth can be frozen in ice cube trays; remove when frozen and seal in freezer bag; one cube is about 1 tablespoon of broth.

\*1 package (16 ounces) frozen broccoli cuts, thawed and drained,  
can be substituted for the fresh broccoli. Do not cook.

Nutr. Assoc. : 0 0 0 20116 0 0 0 26351 20084 0 0 0

\* Exported from MasterCook \*

Sweet-and-Sour Chicken

Recipe By :

Serving Size : 6    Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1	pound	skinless boneless chicken breast halves
		OR
1	pound	skinless boneless chicken thighs
1		egg white
1	teaspoon	water
2	tablespoons	all-purpose flour
2	tablespoons	crushed rice crackers
		OR
2	tablespoons	cornmeal
		OR
2	tablespoons	soft bread crumbs
1/4	teaspoon	baking soda
1/4	cup	cold water
2	tablespoons	cornstarch
1	(8 ounce) can	pineapple chunks in juice -- drained and juice reserved
1/2	cup	sugar
1/3	cup	seasoned rice vinegar
2	teaspoons	dark soy sauce
1	clove	garlic -- finely chopped
1/4	teaspoon	salt
2	medium	Roma (plum) tomatoes -- cut into eighths
1	medium	green bell pepper -- cut into 1-inch pieces

Cut chicken into 3/4-inch pieces. Mix egg white and 1 teaspoon water; toss with chicken in medium glass or plastic bowl. Let stand 10 minutes.

Heat oven to 425°. Spray nonstick cookie sheet with nonstick cooking spray. Mix flour, crushed crackers and baking soda in medium bowl. Remove chicken pieces from egg mixture; dip into flour mixture, turning to coat. Place chicken on cookie sheet; spray with cooking spray about 10 seconds or until surface of chicken appears moist. Bake 10 to 15 minutes, turning once, until brown and no longer pink in center.

Mix 1/4 cup cold water and the corn starch. Heat reserved pineapple juice, the sugar, vinegar, soy sauce, garlic and salt to boiling in nonstick wok or 12-inch skillet, stirring frequently. Stir in cornstarch mixture; cook

and stir about 1 minute or until thickened. Add tomatoes, bell pepper and pineapple; cook and stir 1 minute. Stir in chicken.

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Per serving: 238 Calories (kcal); 6g Total Fat; (21% calories from fat), 14g Protein; 33g Carbohydrate; 39mg Cholesterol; 307mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat; 1 Other Carbohydrates

NOTES : We baked crumb-coated chicken in ■ very hot oven to keep the crispness of the original deep-fried recipe without the fat. Stir the crisp chicken into the sauce just before serving.

Nutr. Assoc. : 324 0 2130706543 0 0 0 2130706543 0 435 0 2130706543 ■ 0 ■  
 0 0 0 1396 0 0 26401 0

\* Exported from MasterCook \*

### Sweet-and-Sour Halibut with Lemon Rice

Recipe By :  
 Serving Size : 6 Preparation Time : 0:00  
 Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1/4	cup	cider vinegar
2	tablespoons	chopped green onions

- 1      tablespoon tomato paste
- 2      teaspoons packed brown sugar
- 2      teaspoons finely chopped gingerroot
- 2      teaspoons reduced-sodium soy sauce
- 1/2    teaspoon ground anise
- 1/2    teaspoon salt
- 1/8    teaspoon ground red pepper (cayenne) (1/8 to 1/4  
teaspoon)
- 1 1/2    pounds halibut or whitefish fillets -- cut into 1 1/2-inch pieces
- 1      (8 ounce) can crushed pineapple in juice -- undrained
- Lemon Rice -- (recipe follows)

#### LEMON RICE

- 1/2    cup uncooked regular long-grain rice
- 1      cup water
- 1      tablespoon grated lemon peel
- 1      teaspoon chicken bouillon granules
- 4      drops red pepper sauce (4 to 6 drops)

Mix all ingredients except Lemon Rice in large glass or plastic bowl. Cover and refrigerate 2 hours. Heat oven to 375°. Spray rectangular baking dish, 13 x 9 x 2 inches, with nonstick cooking spray. Place fish mixture in dish. Bake uncovered 12 to 15 minutes, stirring once, until fish flakes easily with fork. Serve over Lemon Rice.

#### LEMON RICE:

Heat all ingredients to boiling, stirring once or twice. Cover and simmer 14 minutes. (Do not lift cover or stir.) Remove from heat. Let stand covered 10 minutes.

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Description:

"This takeoff on sweet-and-sour pork is so delicious, it's hard to believe it's low in fat too. We've substituted fish for the pork and used nonstick cooking spray instead of oil."

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Per serving: 218 Calories (kcal); 3g Total Fat; (11% calories from fat); 25g Protein; 22g Carbohydrate; 36mg Cholesterol; 393mg Sodium  
Food Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 26086 4026 23 1326 2514 705 0 2130706543 ■ 0 3977  
1582 0 26441 1471

\* Exported from MasterCook \*

# Sweet-and-Sour Veggies and Beans

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1/2	cup	water
1	(16 ounce) package	frozen broccoli, carrots, water chestnuts and red peppers
1	(15 ounce) can	kidney beans (15 to 16 ounce can) -- rinsed and drained
1/3	cup	sweet-and-sour sauce
1	tablespoon	sesame seed -- toasted

Heat water to boiling in 12-inch nonstick skillet. Cook vegetables in water 4 to 6 minutes, stirring occasionally, until tender. Stir in beans and sweet-and-sour sauce; heat through, stirring occasionally. Sprinkle with sesame seed. Serve warm or cold.

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Per serving: 168 Calories (kcal); 2g Total Fat; (10% calories from fat); 9g Protein; 31g Carbohydrate; 0mg Cholesterol; 489mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

Serving Ideas : Using purchased sweet-and-sour sauce makes this recipe extra easy. Try serving it with grilled turkey burgers.

Nutr. Assoc. : 0 3439 3815 1454 1357

\* Exported from MasterCook \*

### Sweet-and-Spicy Carrot Salad

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Breads and Sides      Salads

Amount	Measure	Ingredient -- Preparation Method
4	medium	carrots — shredded (2 1/2 cup)
3/4	cup	finely chopped pineapple
1/3	cup	plain nonfat yogurt
2	tablespoons	chopped fresh mint



- 2      tablespoons lemon juice
- 1      teaspoon honey
- 1/2    teaspoon ground cinnamon
- 1/4    teaspoon ground cumin
- 3      cups bite-size pieces leaf lettuce (1/2 large head)

Mix all ingredients except lettuce in glass or plastic bowl. Cover and refrigerate about 2 hours or until chilled. Serve on lettuce.

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Description:

"This Southwest-inspired salad is not your everyday carrot-raisin salad. Herb enthusiasts might enjoy using fresh pineapple mint in this dish."

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Per serving: 49 Calories (kcal); trace Total Fat, (5% calories from fat); 2g Protein; 11g Carbohydrate; trace Cholesterol; 30mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #2495 4490 0 0 0 0 0 0 3921

\* Exported from MasterCook \*

Sweet-and-Spicy Shrimp

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount Measure Ingredient -- Preparation Method

---

1/4 cup soy sauce  
2 teaspoons sugar  
2 teaspoons cornstarch  
1/2 teaspoon crushed red pepper  
1/2 teaspoon sesame or vegetable oil  
1 tablespoon vegetable oil  
1 small onion -- sliced  
1 small green bell pepper -- sliced  
1 medium carrot -- thinly sliced (1/2 cup)  
3/4 pound peeled and deveined raw large shrimp -- thawed if frozen  
Hot cooked rice -- if desired

Mix soy sauce, sugar, cornstarch, red pepper and sesame oil; set aside.  
Heat vegetable oil in 10-inch skillet over medium-high heat. Cook onion,  
bell pepper and carrot in oil 2 to 3 minutes, stirring occasionally, until  
crisp-tender. Stir in soy sauce mixture and shrimp. Cook 3 to 5 minutes,  
stirring occasionally, until shrimp are pink and firm and sauce is  
thickened. Serve over rice.

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approved Betty Crocker® Recipe.

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Per serving: 150 Calories (kcal); 5g Total Fat; (28% calories from fat); 16g Protein; 11g Carbohydrate; 131mg Cholesterol; 1186mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; ■ Other Carbohydrates

Serving Ideas : Serve the rice tossed with chopped fresh cilantro and shredded coconut for a Thai flavor.

NOTES : To save time during cooking, mix the soy sauce mixture and arrange  
all other ingredients on ■ tray in the order they will be used.

Nutr. Assoc. : 0 0 0 0 1356 0 0 0 0 26456 0

\* Exported from MasterCook \*

### Swiss Capellini Tart

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meatless Pasta

Amount	Measure	Ingredient -- Preparation Method
1	cup	Béchamel Sauce -- (recipe follows)
4	ounces	uncooked capellini (angel hair) pasta
18	slices	French bread -- about 1/4 inch thick
2	tablespoons	margarine, butter or spread -- softened
3/4	cup	shredded Swiss cheese (3 ounces)
2	tablespoons	chopped fresh basil leaves
		OR
2	teaspoons	dried basil leaves
3		Roma (plum) tomatoes -- chopped (1 cup)
1/4	cup	sliced green onions (3 medium)
2	tablespoons	grated Romano or Parmesan cheese

### BÉCHAMEL SAUCE

1	tablespoon	margarine, butter or spread
1	cup	skim milk
2	tablespoons	all-purpose flour
1/4	teaspoon	salt
1/8	teaspoon	pepper
1	teaspoon	butter-flavored sprinkles

Heat oven to 400°. Prepare Béchamel Sauce. Cook and drain pasta as directed on package. Brush bread with margarine. Line bottom and sides of pie plate, 10 × 1 1/2 inches, with bread, slightly overlapping slices. Bake about 10 minutes or until light brown. Reduce oven temperature to 350°.

Stir Swiss cheese and 1 tablespoon of the basil into sauce. Toss sauce and pasta. Spoon into baked crust. Mix tomatoes, green onions and remaining 1 tablespoon basil. Sprinkle with Romano cheese. Bake 15 to 20 minutes or until heated through. Let stand 5 minutes before cutting.

#### BÉCHAMEL SAUCE:

Heat margarine in 1 1/2-quart saucepan over medium heat until melted and bubbly. Shake milk, flour, salt and pepper in tightly covered container. Gradually stir into margarine. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in butter-flavored sprinkles.

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Per serving: 318 Calories (kcal); 12g Total Fat; (33% calories from fat); 13g Protein; 40g Carbohydrate; 15mg Cholesterol; 489mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; ■ Other Carbohydrates

Serving Ideas : Try serving this attractive tart for brunch with your favorite fresh fruit.

Nutr. Assoc. #2130706543 2053 5840 4098 26154 20028 2394 2130706543 26401

20030 3562 26401 20030 4098 0 0 0 0 2392

\* Exported from MasterCook \*

## Tangy Sunset Dip

Recipe By :

Serving Size : 16 Preparation Time : 0:00

Categories : Appetizers Dips, Spreads &amp; Salsas

Amount	Measure	Ingredient -- Preparation Method
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1	cup	extra-creamy plain nonfat yogurt
2	tablespoons	chili sauce
1	teaspoon	prepared horseradish (1 to 2 teaspoons)
		Baked Pita Chips -- (see recipe)
		OR
		Raw vegetables

Mix yogurt, chili sauce and horseradish. Cover and refrigerate at least 1 hour to blend flavors. Serve with Baked Pita Chips.

Yields about 1 cup dip and 64 chips

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Yield:

"1 Cup"

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Per serving: 51 Calories (kcal); trace Total Fat, (7% calories from fat); 2g Protein; 10g Carbohydrate; trace Cholesterol; 96mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. #20159 0 4624 0 0 2130706543

\* Exported from MasterCook \*

### Baked Pita Chips

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
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4		whole wheat pita breads (6 inches in diameter)
---	--	--

Heat oven to 400°. Cut around outside edges of pita breads to separate layers. Cut each layer into 8 wedges. Place in single layer on 2 ungreased cookie sheets. Bake about 9 minutes or until crisp and light brown; cool.

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T(Bake):

"0:09"

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Per serving: 85 Calories (kcal); 1g Total Fat; (8% calories from fat); 3g Protein; 18g Carbohydrate; 0mg Cholesterol; 170mg Sodium  
 Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26190

\* Exported from MasterCook \*

### Tarragon Marlin Steaks with Vermouth

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Grilling Seafood

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	dry vermouth
		OR
1/4	cup	lemon juice
		PLUS
1/4	cup	water
1/4	teaspoon	aromatic bitters
4	large sprigs	tarragon
1 1/2	pounds	marlin, tuna or opah steaks -- 1 to 1 1/2 inches thick
1 1/2	teaspoons	chopped fresh tarragon leaves
		OR
1/2	teaspoon	dried tarragon leaves

Mix vermouth and bitters in shallow nonmetal dish. Add 2 sprigs tarragon. Add fish, turning to coat with marinade. Top fish with remaining 2 sprigs tarragon. Cover and let stand, turning once, at least 15 minutes but no longer than 30 minutes.

Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Drain fish; discard marinade but not the tarragon sprigs. Place all

4 tarragon sprigs directly on hot coals. Immediate cover and grill fish 4 inches from medium heat 10 to 15 minutes, turning once, until fish flakes easily with fork. Remove fish to platter. Sprinkle with chopped tarragon.

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Per serving: 196 Calories (kcal); 6g Total Fat; (30% calories from fat); 27g Protein; 3g Carbohydrate; 43mg Cholesterol; 50mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 2130706543 0 2130706543 2252 0 5328 3412 0 2130706543

\* Exported from MasterCook \*

### Tequila Chicken with Fettuccine

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Poultry

Amount	Measure	Ingredient	-- Preparation Method
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1/4 cup tequila  
 OR  
 1/4 cup chicken broth  
 1/4 cup frozen (thawed) limeade  
 1 tablespoon grated lime peel  
 1 1/2 pounds skinless boneless chicken breast halves — cut into 1 1/2 × 1/2-strips  
 1 small orange or yellow bell pepper -- cut into 1/4-inch strips  
 1 1/2 cups sliced mushrooms (4 ounces)  
 1 clove garlic -- finely chopped  
 1 (16 ounce) package uncooked spinach fettuccine  
 1/2 cup grated Parmesan cheese

Mix tequila, limeade and lime peel in medium glass or plastic bowl. Stir in chicken. Cover and refrigerate 30 minutes. Place chicken and marinade in 12-inch skillet. Stir in bell pepper, mushrooms and garlic. Cook over medium-high heat 10 to 12 minutes, stirring occasionally, until chicken is no longer pink in center. Cook and drain fettuccine as directed on package. Divide fettuccine among 6 serving plates. Spoon chicken mixture over fettuccine. Sprinkle with cheese. Garnish with additional grated lime peel if desired.

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Per serving: 491 Calories (kcal); 5g Total Fat; (9% calories from fat); 39g Protein; 65g Carbohydrate; 71mg Cholesterol; 204mg Sodium  
 Food Exchanges: 4 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; ■ Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : This is guaranteed to be ■ big hit at your next gathering! Toss the fettuccine with 1 teaspoon of the grated lime peel to add vibrant color.

Nutr. Assoc. : 0 0 2130706543 826 20217 2313 5630 4977 ■ 1405 ■

\* Exported from MasterCook \*

### Teriyaki Beef Kabobs

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Beef Grilling  
Meat

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	beef boneless top sirloin steak -- cut into 1-inch cubes
1	cup	teriyaki baste and glaze
1	medium	bell pepper -- cut into 1-inch pieces
18	medium	mushrooms
2	tablespoons	vegetable oil
1/4	cup	sesame seed -- toasted

Place beef in shallow nonmetal dish or heavy-duty resealable plastic bag. Pour teriyaki baste over beef. Cover dish or seal bag and refrigerate, stirring beef occasionally, at least 4 hours but no longer than 24 hours.

Heat coals or gas grill. Remove beef from teriyaki baste; discard baste. Thread beef, bell pepper and mushrooms alternately on each of six 15-inch metal skewers, leaving space between each item. Brush bell pepper and mushrooms with oil. Sprinkle kabobs with sesame seed. Cover and grill kabobs 4 to 6 inches from medium heat 15 to 20 minutes, turning frequently.

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Per serving: 134 Calories (kcal); 8g Total Fat; (49% calories from fat); 5g Protein; 13g Carbohydrate; 0mg Cholesterol; 1843mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; ■ Other Carbohydrates

NOTES : Teriyaki sauce comes in two forms. The baste-and-glaze type is thick and clings well to meats, poultry and seafood during cooking; the marinade type is thinner, and foods absorb the flavor best during marinating.

Nutr. Assoc. : 4932 1489 0 4196 0 1357

\* Exported from MasterCook \*

### Teriyaki Beef Stir-fry

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1	pound	ground beef
2	teaspoons	soy sauce
1	teaspoon	finely chopped gingerroot
1/4	cup	sliced green onions (3 medium)
1	clove	garlic -- finely chopped

- 1 small red bell pepper -- thinly sliced
- 1/2 large red onion -- thinly sliced
- 1 cup bok choy -- cut into 1-inch slices (2 stalks)
- 1 cup teriyaki barbecue marinade
- 1 (8 ounce) package uncooked Chinese noodles or spaghetti

Mix beef, soy sauce, 1/2 teaspoon of the gingerroot, the green onions and garlic. Shape mixture into 1-inch balls. Cook over medium-high heat about 6 minutes, turning occasionally, until beef is no longer pink in center and juice is clear. Remove meatballs from skillet; keep warm. Drain drippings from skillet, reserving 1 tablespoon.

Cook remaining 1/2 teaspoon gingerroot in drippings in skillet over medium-high heat 30 seconds. Add bell pepper, red onion and bok choy. Cook, stirring occasionally, until crisp-tender. Stir in teriyaki barbecue marinade. Stir in meatballs; cook until hot. Cook and drain noodles as directed on package. Serve meatball mixture over noodles.

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Per serving: 352 Calories (kcal); 10g Total Fat; (25% calories from fat); 20g Protein; 45g Carbohydrate; 47mg Cholesterol; 1739mg Sodium  
Food Exchanges: 2 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates

Nutr. Assoc. #9018 0 26086 20030 0 0 0 0 5926 1405

\* Exported from MasterCook \*

## Teriyaki Chicken Kabobs

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Grilling Poultry

Amount	Measure	Ingredient -- Preparation Method
1	pound	skinless boneless chicken breast halves -- cut into 1-inch pieces
2	tablespoons	teriyaki sauce
1/2	teaspoon	sugar
1 1/2	teaspoons	vegetable oil
1/4	teaspoon	ground ginger
1	small clove	garlic -- finely chopped
1	(8 ounce) can	pineapple chunks in juice
	OR	
8	ounces	fresh pineapple chunks
1	medium	green bell pepper -- cut into 1 1/2-inch pieces
2	small	onions -- cut into fourths

Mix chicken, teriyaki sauce, sugar, oil, ginger and garlic in glass or plastic bowl. Cover and refrigerate 20 minutes. Remove chicken from marinade; reserve marinade.

Heat coals or gas grill. Thread 4 or 5 chicken pieces, pineapple, bell pepper and onion alternately on each of four 15-inch metal skewers. Cover and grill kabobs 4 to 5 inches from medium coals 10 to 15 minutes, turning and brushing with marinade, until chicken is no longer pink in center. Discard any remaining marinade.

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Per serving: 214 Calories (kcal); 3g Total Fat; (13% calories from fat); 28g Protein; 18g Carbohydrate; 66mg Cholesterol; 422mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 2313 0 0 0 0 0 0 0 2130706543 0 4288

\* Exported from MasterCook \*

### Teriyaki Pork Tenderloins

Recipe By :  
 Serving Size : 6 Preparation Time : 0:00  
 Categories : Grilling Meat  
 Pork

Amount	Measure	Ingredient -- Preparation Method
2	(3/4-pound)	pork tenderloins
		Peppery Teriyaki Marinade -- (recipe follows)

#### PEPPERY TERIYAKI MARINADE

1/4	cup	soy sauce
2	tablespoons	water
1	tablespoon	lemon juice
1	tablespoon	vegetable oil
1	teaspoon	packed brown sugar
1/4	teaspoon	coarsely ground pepper

1 clove garlic -- finely chopped

Fold thin end of each pork tenderloin under so pork is an even thickness; secure with toothpicks. Mix Peppery Teriyaki Marinade in shallow nonmetal dish or heavy-duty resealable plastic bag. Add pork, turning to coat with marinade. Cover dish or seal bag and refrigerate, turning pork occasionally, at least 8 hours but no longer than 24 hours.

Brush grill rack with vegetable oil. Heat coals or gas grill for indirect heat. Remove pork from marinade; reserve marinade. Cover and grill pork over drip pan and 4 to 5 inches from medium heat 25 to 30 minutes, brushing occasionally with marinade and turning once, until pork is slightly pink in center. Discard any remaining marinade.

Remove toothpicks. To serve, cut pork across grain into thin slices.

#### PEPPERY TERIYAKI MARINADE:

Mix all ingredients.

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Per serving: 173 Calories (kcal); 7g Total Fat; (39% calories from fat); 23g Protein; 2g Carbohydrate; 61mg Cholesterol; 742mg Sodium  
 Food Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. #158 2130706543 0 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Tex-Mex Rice and Bean Bake

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
2	cups	cooked brown or white rice
1/4	cup	fat-free cholesterol-free egg product
		OR
1		egg
1 1/2	cups	picante sauce
1	cup	shredded reduced-fat or regular Cheddar cheese (4 ounces)
1	(15 ounce) can	pinto beans (15 to 16 ounce can) -- drained
1/4	teaspoon	chili powder

Heat oven to 350°. Spray square baking dish, ■ × ■ × 2 inches, with nonstick cooking spray. Mix rice, egg product, 1/2 cup of the picante sauce and 1/2 cup of the cheese; press in bottom of baking dish.

Mix beans and remaining 1 cup picante sauce; spoon over rice mixture. Sprinkle with remaining 1/2 cup cheese and the chili powder. Bake uncovered 30 to 35 minutes or until cheese is melted and bubbly. Let stand 5 minutes before serving.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.



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Per serving: 228 Calories (kcal); 7g Total Fat; (28% calories from fat); 11g Protein; 30g Carbohydrate; 20mg Cholesterol; 902mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 2801 3220 0 2130706543 0 4922 26002 0

\* Exported from MasterCook \*

### Thai Chicken Skillet

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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1/4	cup	Thai Seasoning Mix -- (recipe follows)
4		skinless boneless chicken breast halves (about 1 pound)
1	tablespoon	vegetable oil
1	(15 ounce) can	lychees -- drained
1/4	cup	sliced green onions (3 medium)
2		jalapeño or red chilis -- seeded and chopped
1/4	cup	chopped dry-roasted peanuts

#### THAI SEASONING MIX

1/3	cup	chopped fresh lemongrass
3	tablespoons	grated lemon peel
1	tablespoon	five-spice powder

3/4 teaspoon salt  
1/2 teaspoon garlic powder

Sprinkle seasoning mix evenly over both sides of chicken. Heat oil in 12-inch skillet over medium-high heat. Cook chicken in oil about 4 minutes or until chicken is brown on both sides. Add remaining ingredients except peanuts; reduce heat. Cover and cook 10 to 15 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut. Sprinkle with peanuts.

#### THAI SEASONING MIX:

Mix all ingredients in storage container with tight-fitting lid. Refrigerate up to 5 days. Stir to mix before each use.

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Per serving: 290 Calories (kcal); 10g Total Fat; (30% calories from fat); 31g Protein; 21g Carbohydrate; 68mg Cholesterol; 480mg Sodium  
Food Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 1 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

NOTES : Leftover Thai Seasoning Mix? Brush 4 skinless boneless chicken breast halves with oil, rub with about 2 tablespoons seasoning mix and bake for 35 to 45 minutes.

Nutr. Assoc. : 2130706543 2313 0 0 20030 26360 26041 ■ ■ 0 20084 0 0 0

\* Exported from MasterCook \*

## Thin Crust Create-a-Pizza

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	Bisquick® Original baking mix
1/3	cup	very hot water
1	(8 ounce) can	tomato sauce
1	teaspoon	Italian seasoning
1/8	teaspoon	garlic powder
		Vegetable Toppings -- (below)
1 1/2	cups	shredded Mozzarella cheese (6 ounces)

## VEGETABLE TOPPINGS

Sliced mushrooms

Chopped green bell pepper

Sliced green onions or chopped onion

Sliced ripe olives

Sliced pimiento-stuffed olives

Move oven rack to lowest position. Heat oven to 450°. Grease cookie sheet or 12-inch pizza pan. Mix baking mix and hot water; beat vigorously 20 strokes. Turn dough onto surface well dusted with baking mix. Knead about 60 times or until smooth and no longer sticky. Press dough into 13-inch circle on cookie sheet. Or press in pizza pan with fingers dipped in baking mix; pinch edge, forming 1/2-inch rim.

Mix tomato sauce, Italian seasoning and garlic powder. Spread over crust. Top with desired Vegetable Toppings. Sprinkle with cheese. Bake 12 to 15 minutes or until crust is brown and cheese is melted and bubbly.

Deep-Dish Pizza Crust: Grease jelly roll pan, 15 1/2 × 10 1/2 × 1 inch, or cookie sheet. Dissolve 1 package regular or quick-acting active dry yeast in 3/4 cup warm water (105° to 115°) in large bowl. Stir in 3 cups Bisquick® Original baking mix; beat vigorously 20 strokes. Turn dough onto surface generously dusted with baking mix. Knead about 60 times or until smooth and no longer sticky. Let dough rest 5 minutes. Press dough in

bottom and up sides of pan. Or pat into rectangle 13 x 10 inches on cookie sheet; pinch edges, forming 3/4-inch rim.

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Per serving: 167 Calories (kcal); 8g Total Fat; (44% calories from fat); 6g Protein; 17g Carbohydrate; 19mg Cholesterol; 523mg Sodium  
Food Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; ■ Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 2250 3728 0 0 0 0 26153 0 0 0 0 0 0 0

\* Exported from MasterCook \*

### Three-Bean Chili

Recipe By :  
Serving Size : 5 Preparation Time : 0:00  
Categories : Meatless Soups/Stews

Amount	Measure	Ingredient -- Preparation Method
1	large	onion -- chopped (1 cup)
2	cloves	garlic -- crushed
1	(14 1/2 ounce) can	ready-to-serve vegetable or chicken broth
2	large	tomatoes -- seeded and cubed (2 cups)

- 2    tablespoons   chopped fresh cilantro
- 1    tablespoon   chopped fresh oregano leaves
- OR
- 1    teaspoon   dried oregano leaves
- 2    teaspoons   chili powder
- 1    teaspoon   ground cumin
- 1    (15 ounce) can   kidney beans (15 to 16 ounce can) -- undrained
- 1    (15 ounce) can   garbanzo beans (15 to 16 ounce can) -- undrained
- 1    (15 ounce) can   spicy chili beans -- undrained

Cook onion and garlic in 1/4 cup of the broth in nonstick Dutch oven over medium heat about 5 minutes, stirring occasionally, until onion is crisp-tender. Stir in remaining broth and remaining ingredients except beans. Heat to boiling; reduce heat. Cover and simmer 30 minutes, stirring occasionally. Stir in beans. Heat to boiling; reduce heat. Simmer uncovered about 20 minutes, stirring occasionally, until desired consistency.

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Per serving: 285 Calories (kcal); 3g Total Fat, (8% calories from fat); 16g Protein; 53g Carbohydrate; 0mg Cholesterol; 1468mg Sodium  
 Food Exchanges: 3 Grain(Starch); 1/2 Lean Meat, 1 Vegetable; 0 Fruit; 0 Fat, 0 Other Carbohydrates

Nutr. Assoc. : 0 0 26438 5296 26108 26053 0 2130706543 0 0 26001 2603 815

\* Exported from MasterCook \*

### Three-Cheese Noodle Bake

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Meatless Pasta

Amount	Measure	Ingredient -- Preparation Method
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4	ounces	uncooked noodles (about 2 cups)
1	cup	low-fat cottage cheese
3/4	cup	shredded reduced-fat Cheddar cheese (3 ounces)
1/2	cup	reduced-fat sour cream
1/3	cup	chopped green onions (with tops)
3	tablespoons	grated Parmesan cheese
1/2	teaspoon	Worcestershire sauce
1/8	teaspoon	pepper
2		egg whites
1		egg

Heat oven to 350°. Spray square baking dish, ■ = 8 × 2 inches, with nonstick cooking spray. Cook noodles ■ directed on package; drain. Mix noodles and remaining ingredients. Spread in dish. Bake uncovered 30 to 35 minutes or until center is set and edges are golden brown. Let stand 5 minutes.

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Per serving: 267 Calories (kcal); 7g Total Fat; (23% calories from fat); 23g Protein; 27g Carbohydrate; 90mg Cholesterol; 518mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; ■ Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : If you prefer to use regular rather than low-fat Cheddar cheese,  
add 50 calories per serving.

Nutr. Assoc. : 4244 444 26495 4055 2665 0 0 0 3231 0

\* Exported from MasterCook \*

### Three-Pepper Stir-Fry

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Breads and Sides Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	teaspoons	grated gingerroot
2	cloves	garlic -- finely chopped
1/4	cup	reduced-sodium chicken broth
1	medium	red bell pepper -- thinly sliced
1	medium	yellow bell pepper -- thinly sliced
1	medium	orange or green bell pepper -- thinly sliced
1	tablespoon	hoisin sauce

Spray nonstick wok or 10-inch skillet with nonstick cooking spray; heat over medium-high heat. Add gingerroot and garlic; stir-fry 1 minute. Add broth; heat until boiling. Add bell peppers. Cook 5 to ■ minutes, stirring occasionally, until crisp-tender. Stir in hoisin sauce.

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Per serving: 39 Calories (kcal); trace Total Fat, (6% calories from fat); 2g Protein; 8g Carbohydrate; trace Cholesterol; 99mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; ■ Fruit; 0 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 0 0 4017 0 5630 3572 0

\* Exported from MasterCook \*

### Tomato Pesto Batter Bread

Recipe By :

Serving Size : 16 Preparation Time : 0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
3	cups	all-purpose flour
		OR
3	cups	bread flour
2	tablespoons	sugar
1 1/2	teaspoons	salt
1/3	cup	pesto
1	package	regular or quick active dry yeast
1	cup	very warm water (120° to 130°)
1/2	cup	coarsely chopped sun-dried tomatoes (not oil-packed)
		Butter or margarine -- softened

Mix 1 1/2 cups of the flour, the sugar, salt, pesto and yeast in large



bowl. Add water. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 2 minutes, scraping bowl occasionally. Stir in tomatoes and remaining flour until smooth (batter will be very stiff). Scrape batter from side of bowl.

Cover and let rise in warm place about 30 minutes or until double. (Batter is ready if indentation remains when touched with floured finger.) Grease 2-quart casserole. Stir down batter by beating about 25 strokes. Spread evenly in casserole. Round top of loaf by patting with floured hands. Cover and let rise in warm place about 40 minutes or until double.

Move oven rack to low position so that top of casserole will be in center of oven. Heat oven to 375°. Bake 40 to 45 minutes or until loaf is brown and sounds hollow when tapped. Immediately remove loaf from casserole to wire rack. Brush top of loaf with butter; cool.

1 loaf (16 slices)

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 Yield:  
 "1 Loaf"

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Per serving: 122 Calories (kcal); 3g Total Fat; (19% calories from fat); 4g Protein; 21g Carbohydrate; 1mg Cholesterol; 271mg Sodium  
 Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit, 1/2 Fat, ■ Other Carbohydrates

Nutr. Assoc. : 0 0 2130706543 0 0 4449 26366 5472 20180 ■

\* Exported from MasterCook \*

## Tortellini Kabobs

Recipe By :

Serving Size : 12 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
24		uncooked refrigerated or dried cheese-filled spinach tortellini
1/2	cup	reduced-fat Italian dressing
12	small	whole mushrooms
12	small	cherry tomatoes
		Fresh mustard greens or parsley -- if desired

Cook tortellini as directed on package; drain and cool. Place dressing in shallow bowl. Stir in tortellini, mushrooms and tomatoes. Cover and refrigerate 1 to 2 hours, stirring once to coat. Drain tortellini mixture. Thread tortellini, mushrooms and tomatoes alternately on each of twelve 6-inch skewers. Serve on bed of mustard greens.

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Per serving: 25 Calories (kcal); 2g Total Fat; (56% calories from fat); 1g Protein; 2g Carbohydrate; 0mg Cholesterol; 79mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #0 1692 26405 0 0

\* Exported from MasterCook \*

### Tossed Greens with Sesame and Oranges

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Breads and Sides                      Salads

Amount	Measure	Ingredient -- Preparation Method
1	(11 ounce) can	mandarin orange segments -- drained and 2 tablespoons syrup or juice reserved
		Orange-Sesame Dressing -- (recipe follows)
5	cups	bite-size pieces lettuce (Bibb, romaine, red leaf)
1	cup	sliced mushrooms (3 ounces)
1	cup	bean sprouts
1/3	cup	sliced red onion
2	teaspoons	sesame seed -- toasted*

#### ORANGE-SESAME DRESSING

3	tablespoons	seasoned rice vinegar
2	tablespoons	reserved mandarin orange syrup
1	tablespoon	honey
1	teaspoon	sesame oil
		Dash ground cinnamon

Place orange segments in shallow glass or plastic dish. Pour Orange-Sesame Dressing over oranges. Cover and refrigerate at least 15 minutes.

Toss lettuce, mushrooms, bean sprouts and onion in large salad bowl. Spoon oranges and dressing onto salad; toss lightly. Sprinkle with sesame seed before serving.

## ORANGE-SESAME DRESSING:

Shake all ingredients in tightly covered container.

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Per serving: 97 Calories (kcal); 2g Total Fat; (18% calories from fat); 3g Protein; 19g Carbohydrate; 0mg Cholesterol; 13mg Sodium  
 Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

NOTES : \*To toast sesame seed, heat the seed in an ungreased skillet over medium heat about 2 minutes, stirring occasionally, until golden brown.

Nutr. Assoc. : 4086 2130706543 3921 4977 0 20230 1357 0 0 0 4084 0 0 0

\* Exported from MasterCook \*

## Triple-Cheese Ravioli

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1	(8 ounce) package	dried cheese-filled ravioli or tortellini
2	cups	chopped tomatoes (about 2 large or 1

- pound)
- 1/2 cup sliced mushrooms (about 1 1/2 ounces)
- 1/4 cup chopped onion (about 1 small)
- 1/4 cup dry red wine
- OR
- 1/4 cup chicken broth
- 1 tablespoon chopped fresh basil leaves
- OR
- 1 teaspoon dried basil leaves
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 clove garlic -- finely chopped
- 1/2 cup part-skim Ricotta cheese
- 2 tablespoons grated Parmesan cheese

Cook ravioli ■ directed on package; drain. Cook remaining ingredients except cheeses in 10-inch skillet over medium-high heat about 5 minutes, stirring frequently, until tomatoes are soft.

Heat oven to 325°. Place ravioli in ungreased square baking dish, 8 × ■ × 2 inches. Spread Ricotta cheese over ravioli. Pour tomato sauce over top. Sprinkle with Parmesan cheese. Bake uncovered about 20 minutes or until hot.

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Per serving: 202 Calories (kcal); 9g Total Fat; (39% calories from fat); 13g Protein; 18g Carbohydrate; 61mg Cholesterol; 439mg Sodium

Food Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. %1046 26059 4977 2679 2130706543 0 0 3332 ■ 2130706543 0 0 0  
0 0

\* Exported from MasterCook \*

### Tropical Fruit, Rice and Tuna Salad

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Salads Seafood

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	cold cooked brown rice
		OR
1 1/2	cups	cold cooked white rice
1/2	cup	vanilla low-fat yogurt
1	(8 ounce) can	pineapple tidbits in juice -- drained and 1 teaspoon juice reserved
2		kiwifruit -- peeled and sliced
1	medium	mango -- peeled and chopped (about 1 cup)
1	(6 1/8 ounce) can	white tuna in water -- drained and flaked
1	tablespoon	coconut -- toasted

Mix rice, yogurt and reserved pineapple juice in medium bowl. Cover and refrigerate 1 to 2 hours to blend flavors. Cut kiwifruit slices into fourths. Gently stir kiwifruit, pineapple, mango and tuna into rice mixture. Sprinkle with coconut.

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Per serving: 269 Calories (kcal); 2g Total Fat; (7% calories from fat); 16g Protein; 47g Carbohydrate; 20mg Cholesterol; 194mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 2840 0 2130706543 0 1129 779 0 0 0

\* Exported from MasterCook \*

### Turkey Pasta with Pesto

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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		Pesto -- (recipe follows)
2	cups	uncooked rigatoni pasta (about 4 ounces)
2	cups	1/4-inch slices zucchini (about 2 medium)
1/3	cup	chopped onion
1	medium	carrot -- cut into julienne strips
1	teaspoon	olive or vegetable oil
3	cups	cut-up cooked turkey or chicken

### PESTO

2	tablespoons	olive oil
1	tablespoon	plain nonfat yogurt
2	teaspoons	lemon juice
1/4	cup	grated Parmesan cheese
1	tablespoon	pine nuts
2	cloves	garlic (2 to 3 cloves)
1	cup	firmly packed fresh basil leaves

Prepare Pesto. Cook pasta as directed on package; drain. Cook and stir zucchini, onion and carrot in oil in 10-inch nonstick skillet over medium heat until zucchini is crisp-tender, 3 to 4 minutes. Stir in turkey; heat just until turkey is hot, about 3 minutes. Stir in pasta and pesto; toss until well coated. Heat until hot.

#### PESTO:

Place all ingredients in blender container in order listed. Cover and blend on medium speed, stopping blender occasionally to scrape sides, until almost smooth, about 2 minutes.

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Per serving: 308 Calories (kcal); 10g Total Fat; (29% calories from fat); 28g Protein; 25g Carbohydrate; 62mg Cholesterol; 124mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; ■ Other Carbohydrates

NOTES : Use a flavorful olive oil to make this pesto. Calories have been cut dramatically here, but the wonderful distinctive flavor remains.

Nutr. Assoc. : 2130706543 1405 26099 0 0 986 4732 0 ■ 0 0 0 0 1126 620  
2153

\* Exported from MasterCook \*



## Turkey Pie

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

2	cups	cut-up cooked turkey or chicken
1	(4 1/2 ounce)	jar sliced mushrooms -- drained
1/2	cup	sliced green onions
1	cup	shredded natural Swiss cheese (4 ounces)
1 1/3	cups	skim milk
3/4	cup	Bisquick® baking mix
2		eggs
2		egg whites

Heat oven to 400°. Sprinkle turkey, mushroom, green onions and cheese in pie plate, 10 × 1 1/2 inches, sprayed with nonstick cooking spray. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted halfway between center and edge comes out clean, 30 to 35 minutes. Let stand 5 minutes before cutting.

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Per serving: 265 Calories (kcal); 11g Total Fat; (38% calories from fat); 25g Protein; 15g Carbohydrate; 116mg Cholesterol; 324mg Sodium

Food Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. 2848 4977 20030 26154 0 2250 0 0

\* Exported from MasterCook \*

### Turkey Soft Tacos

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount Measure Ingredient -- Preparation Method

1/2	cup	chicken broth
1	medium	onion -- chopped (1/2 cup)
1	small	red or green bell pepper -- diced (1/2 cup)
1/2	cup	whole kernel corn
1/2	pound	lean ground turkey breast
4	cloves	garlic -- finely chopped
1/2	cup	salsa
1/4	cup	chopped fresh cilantro
8		flour tortillas (8 to 10 inches in diameter) -- warmed*
		Nonfat sour cream -- if desired

Heat broth to boiling in nonstick wok or 10-inch skillet. Add onion, bell pepper and corn; stir-fry 2 to 3 minutes or until vegetables are crisp-tender. Add turkey and garlic; stir-fry 2 minutes. Stir in salsa; cook about 5 minutes or until desired consistency. Stir in cilantro. Spoon scant 1/2 cup turkey mixture down center of each tortilla; roll up tortilla. Serve with sour cream.

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Per serving: 344 Calories (kcal); 9g Total Fat; (23% calories from fat); 20g Protein; 47g Carbohydrate; 37mg Cholesterol; 585mg Sodium  
 Food Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : For a more healthful alternative, try using whole wheat flour tortillas.

\*To warm tortillas, heat them in a hot ungreased skilled or griddle for 30 seconds to 1 minute. Or wrap desired number of tortillas tightly in aluminum foil and heat in 250° oven for 15 minutes. Or place 2 tortillas at a time between dampened microwavable paper towels or microwavable plastic wrap and microwave on High for 15 to 20 seconds or until warm.

Nutr. Assoc. : 26438 0 2236 5567 5686 0 0 0 1664 0

\* Exported from MasterCook \*

### Turkey Teriyaki Meatballs

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1	(5 ounce) package	Japanese curly noodles
3/4	pound	ground turkey breast
1/4	cup	seasoned dry bread crumbs
1		egg white
1	cup	chicken broth
1/4	cup	teriyaki sauce

- 1      tablespoon rice wine vinegar
- 2      cups sliced shiitake or other mushrooms (6  
         ounces)
- 1      medium red bell pepper -- cut into 1-inch pieces (1 cup)
- 1      large zucchini -- cut into 1/4-inch slices (2 cups)
- 1      tablespoon cornstarch
- 2      tablespoons water

Cook and drain noodles as directed on package. While noodles are cooking, mix turkey, bread crumbs and egg white. Divide mixture into 12 equal pieces; roll each into a ball with palm of hand. Cook meatballs in 12-inch nonstick skillet over medium-high heat 5 minutes or until brown on all sides; reduce heat.

Mix broth, teriyaki sauce and vinegar; pour into skillet. Cover and simmer 10 minutes. Stir in mushrooms, bell pepper and zucchini. Cook 3 minutes, stirring occasionally, until bell pepper is crisp-tender and meatballs are no longer pink in center. Move meatballs to side of skillet. Mix cornstarch and water; stir into sauce in skillet. Cook 1 to 2 minutes, stirring constantly, until thickened and bubbly. Serve over noodles.

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Per serving: 336 Calories (kcal); 7g Total Fat; (18% calories from fat); 27g Protein; 42g Carbohydrate; 55mg Cholesterol; 1810mg Sodium  
Food Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

NOTES : You can substitute angel hair pasta for the Japanese curly noodles

in this recipe.

Nutr. Assoc. : 765 5686 4866 0 26438 0 0 4977 0 0 0 0

\* Exported from MasterCook \*

### Turkey with Chipotle Sauce

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

		Chipotle Sauce -- (recipe follows)
2	teaspoons	vegetable oil
1	pound	boneless turkey breast slices, cutlets or turkey tenderloin steaks (1/4 to 1/2 inch thick)*
3/4	cup	chopped seeded tomato (about 1 medium)
2	tablespoons	sliced green onion tops

#### CHIPOTLE SAUCE

1/2	cup	plain nonfat yogurt
2	tablespoons	chopped green onions
1	tablespoon	chopped seeded and drained canned chipotle chilis in adobo sauce (1 to 2 tablespoons)
2	tablespoons	creamy peanut butter
1/8	teaspoon	salt

Prepare Chipotle Sauce; keep warm. Heat oil in 10-inch nonstick skillet over medium-high heat until hot. Cook turkey in oil, turning once, until no longer pink, 8 to 10 minutes. Arrange on serving plate; top with Chipotle Sauce. Sprinkle with tomato and green onion tops.

CHIPOTLE SAUCE: Place all ingredients in blender container. Cover and blend on medium speed, stopping blender occasionally to scrape sides, until well blended, about 20 seconds. Heat sauce over low heat until hot, stirring occasionally.

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Per serving: 219 Calories (kcal); 7g Total Fat; (30% calories from fat); 32g Protein; 6g Carbohydrate; 71mg Cholesterol; 197mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

NOTES : Chipotle chilis are ripened, dried and smoked jalapeño chilis. These wrinkled brown chilis have a smoky flavor and can be purchased in specialty food shops and in the gourmet section of many supermarkets.

\*If turkey pieces are too thick, flatten each piece to 1/4- to 1/2-inch thickness between plastic wrap or waxed paper.

Nutr. Assoc. : 2130706543 0 27022 20183 20030 0 0 0 ■ 1094 5011 0

\* Exported from MasterCook \*

### Turkey with Red Wine Sauce

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	margarine or butter
1	clove	garlic -- finely chopped
1	pound	boneless turkey breast slices, cutlets or

turkey breast tenderloins (1/4 to 1/2-inch  
thick)\*

1/2 cup dry red wine

OR

1/2 cup chicken broth

1 tablespoon tomato paste

OR

1 tablespoon ketchup

3 cups sliced mushrooms (8 ounces)

2 medium green onions -- chopped (2 tablespoons)

Heat margarine and garlic in 10-inch nonstick skillet over medium heat until margarine is melted and garlic begins to brown. Cook turkey in melted margarine 8 to 10 minutes, turning once, until no longer pink in center. Remove turkey from skillet; keep warm. Mix wine and tomato paste in skillet; stir in mushrooms. Cook uncovered over medium heat 3 to 5 minutes, stirring occasionally, until mushrooms are tender. Serve mushroom mixture over turkey. Sprinkle with onions.

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Per serving: 193 Calories (kcal); 4g Total Fat; (20% calories from fat); 29g Protein; 5g Carbohydrate; 70mg Cholesterol; 144mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Boneless chicken breasts can easily be substituted for the turkey  
in this recipe.

\*If turkey pieces are too thick, flatten each piece to 1/4- to 1/2-inch thickness between plastic wrap or waxed paper.

Nutr. Assoc. : 4098 0 27022 0 0 2130706543 1504 0 2130706543 4977 3585

\* Exported from MasterCook \*

### Tuscan Ham, Bean and Cabbage Stew

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Meat Pork

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	margarine, butter or spread
1	tablespoon	olive or vegetable oil
8	ounces	chopped fully cooked smoked ham (1 cup)
1	large	onion -- coarsely chopped (1 cup)
2	medium stalk	celery -- sliced (1 cup)
1	clove	garlic -- finely chopped
4	cups	chicken broth
1	(28 ounce) can	whole Italian-style tomatoes -- undrained
3	cups	uncooked radiatore (nugget) pasta (4 ounces)
2	cups	coleslaw mix (4 ounces)
2	(15 ounce) cans	great northern beans (2 cans, 15 to 16 each) -- rinsed and drained
1	tablespoon	chopped fresh basil leaves
	OR	
1	teaspoon	dried basil leaves

Heat margarine and oil in Dutch oven over medium heat. Cook ham, onion, celery and garlic in margarine mixture, stirring occasionally, until onion is tender. Stir in broth and tomatoes, breaking up tomatoes. Heat to boiling. Stir in pasta. Heat to boiling; reduce heat to low. Cover and simmer about 10 minutes or until pasta is tender. Stir in remaining ingredients. Heat to boiling; reduce heat to low. Simmer uncovered about 3 minutes or until cabbage is tender.



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Per serving: 396 Calories (kcal); 8g Total Fat; (18% calories from fat); 22g Protein; 60g Carbohydrate; 16mg Cholesterol; 938mg Sodium  
Food Exchanges: 3 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4098 986 2819 0 0 0 26438 2470 4363 4920 3564 20028 0  
2130706543

\* Exported from MasterCook \*

### Two-Potato Salad with Dill Dressing

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Breads and Sides                      Salads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	extra-creamy plain nonfat yogurt
		OR
1/2	(8 ounce) container	plain nonfat yogurt
1	tablespoon	fat-free mayonnaise or salad dressing
1	teaspoon	chopped fresh dill

OR

1/2    teaspoon dried dill weed  
1        teaspoon Dijon mustard  
1/4    teaspoon salt  
1        large white potato -- cooked and cubed (2 cups)  
1        large sweet potato -- cooked and cubed (2 cups)  
1        small stalk celery -- chopped (1/3 cup)  
2        medium green onions -- chopped (2 tablespoons)  
1/4     cup sliced radishes

Mix yogurt, mayonnaise, dill weed, mustard and salt in large glass or plastic bowl. Add remaining ingredients; toss. Cover and refrigerate about 4 hours or until chilled.

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T(Refrigerate):  
"4:00"

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Per serving: 85 Calories (kcal); trace Total Fat; (2% calories from fat); 3g Protein; 18g Carbohydrate; 1mg Cholesterol; 238mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 20137 0 2130706543 25021 3360 0 2130706543 0 0 26103 0 0  
3585 378

\* Exported from MasterCook \*

## Upside-Down Apple Cake

Recipe By :

Serving Size : 9 Preparation Time : 0:00

Categories : Cakes

Desserts

Amount	Measure	Ingredient -- Preparation Method
1		large peeled or unpeeled cooking apple -- thinly sliced
1/4	cup	packed brown sugar
1/2	teaspoon	ground cinnamon
1	(16 ounce) package	Betty Crocker® Sweet Rewards® apple cinnamon muffin mix
3/4	cup	water
2		egg whites
		OR
1/4	cup	fat-free cholesterol-free egg product

Heat oven to 375°. Spray square pan, 9 × 9 ■ 2 inches, with nonstick cooking spray. Arrange apple slices in pan, overlapping slices if necessary. Mix brown sugar and cinnamon; sprinkle over apple slices.

Mix cake mix (dry), water and egg whites in medium bowl, using spoon, about 1 minute or until all mix is moistened. Pour batter over apple slices.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen edges of cake from pan. Turn upside down onto heatproof serving plate. Serve warm.

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Per serving: 195 Calories (kcal); trace Total Fat; (0% calories from fat); 3g Protein; 47g Carbohydrate; 0mg Cholesterol; 267mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit; 0 Fat; 1/2 Other Carbohydrates

Nutr. Assoc. : 30 0 0 5725 0 0 0 2130706543

\* Exported from MasterCook \*

### Veal Cutlets with Mushrooms

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Veal

Amount	Measure	Ingredient -- Preparation Method
6	(1/4 pound)	veal cutlets
1/2	teaspoon	paprika
1/4	teaspoon	salt
6	cups	sliced mushrooms (1 pound)
1/3	cup	water
1	teaspoon	grated lemon peel
1	tablespoon	lemon juice
1	clove	garlic -- finely chopped
2	teaspoons	cornstarch
1	tablespoon	cold water
1	cup	beef broth
		Hot cooked noodles -- if desired

Spray 10-inch nonstick skillet with nonstick cooking spray. Trim fat from veal. Sprinkle veal with paprika and salt. Cook veal in skillet over medium heat, turning once, until brown on both sides. Add mushrooms. Mix 1/3 cup water, the lemon peel, lemon juice and garlic; pour over veal and

mushrooms. Heat to boiling; reduce heat. Cover and simmer about 30 minutes or until veal is tender.

Mix cornstarch and 1 tablespoon cold water. Stir broth and cornstarch mixture into veal mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve over noodles.

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Per serving: 151 Calories (kcal); 7g Total Fat; (41% calories from fat); 17g Protein; 5g Carbohydrate; 57mg Cholesterol; 367mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; ■ Other Carbohydrates

NOTES : Try substituting fresh shiitake mushrooms in this dish for a slightly more exotic taste.

Nutr. Assoc. : 5424 0 0 4977 0 0 0 0 0 0 0

\* Exported from MasterCook \*

Veal Saut

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Veal

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

- 1 pound veal round steak -- about 1/2 inch thick
- 2 tablespoons all-purpose flour
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons olive or vegetable oil
- 1/2 cup dry white wine
- OR
- 1/2 cup chicken broth
- 1/4 cup water
- 1 teaspoon chopped fresh rosemary or thyme leaves
- OR
- 1/4 teaspoon dried rosemary or thyme leaves
- 3/4 cup peeled tiny pearl onions (4 ounces)
- 2 medium carrots -- cut into julienne strips

Trim fat from veal. Cut veal into 4 serving pieces. Mix flour, paprika, 1/4 teaspoon of the salt and the pepper. Coat veal with flour mixture. Flatten veal to 1/4-inch thickness between waxed paper or plastic wrap.

Heat oil in 10-inch nonstick skillet over medium-high heat. Cook veal in oil, turning once, until brown; drain. Add wine, water, rosemary, remaining 1/4 teaspoon salt, the onions and carrots. Heat to boiling; reduce heat. Cover and simmer about 45 minutes, adding water if necessary, until veal and vegetables are tender. Place veal and vegetables on platter; pour pan drippings over top.

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Per serving: 179 Calories (kcal); 6g Total Fat; (36% calories from fat); 16g Protein; 9g Carbohydrate; 69mg Cholesterol; 430mg Sodium  
Food Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #5419 0 0 0 0 986 0 0 2130706543 0 3399 0 2130706543 4417  
2495

\* Exported from MasterCook \*

### Vegetable and Pork Pita Sandwiches

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Meat Pork

Amount	Measure	Ingredient -- Preparation Method
3		medium zucchini (1 1/2 pounds) -- cut into 3 x 1/2-inch strips
2		medium red bell peppers -- cut into 1/4-inch strips
2		(1/2 pound) pork boneless loin chops -- cut into 1/4-inch strips
1/4	cup	fat-free Italian dressing
1/2	teaspoon	pepper
2	tablespoons	grated fat-free Parmesan cheese
2	tablespoons	chopped fresh parsley
		OR
2	teaspoons	dried parsley flakes
4		whole wheat pita breads (6 inches in diameter) -- cut in half to form pockets
		Lettuce leaves -- if desired

Set oven control to broil. Spray jelly roll pan, 15 1/2 x 10 1/2 x 1 inch, with nonstick cooking spray. Place zucchini, bell peppers and pork in heavy-duty resealable plastic bag. Add dressing and pepper. Seal bag; shake bag to coat ingredients. Pour mixture into pan; spread evenly. Broil with tops 2 to 3 inches from heat 6 to 8 minutes, stirring once, until pork is no longer pink. Sprinkle with cheese and parsley. Line pita bread halves with lettuce. Spoon pork mixture into pita bread halves.

4 servings (2 halves each)

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Per serving: 224 Calories (kcal); 5g Total Fat; (19% calories from fat); 21g Protein; 26g Carbohydrate; 39mg Cholesterol; 422mg Sodium  
Food Exchanges: 1 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 26965 4695 4576 25018 0 25023 0 0 2130706543 5685 0

\* Exported from MasterCook \*

### Vegetable Beef Burgers

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1/2	pound	extra-lean ground beef
1 1/2	cups	grated carrots
1		egg -- lightly beaten
1 1/2	tablespoons	chopped onion



- 1       teaspoon salt
- 1/4     teaspoon pepper
- 4       whole wheat hamburger buns

Spray 10-inch nonstick skillet with nonstick cooking spray. Mix all ingredients except buns. Shape mixture into 8 patties. Cook patties in skillet over medium heat, turning once, until brown; reduce heat to low. Cover and cook about 10 minutes or until no longer pink in center and juice is clear. Serve on buns.

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Per serving: 267 Calories (kcal); 10g Total Fat; (33% calories from fat); 17g Protein; 28g Carbohydrate; 82mg Cholesterol; 853mg Sodium  
Food Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; ■ Other Carbohydrates

NOTES : Try substituting shredded or finely chopped vegetables, such as carrots, cabbage or zucchini, for some of the meat next time you make burgers or meat loaf, as we've done here. You'll be cutting the fat and adding fiber, vitamins and flavor.

Nutr. Assoc. : 9018 26083 0 0 0 0 26197

\* Exported from MasterCook \*

Vegetable Beef Soup

Recipe By :

Serving Size : 6    Preparation Time :0:00

Categories : Appetizers                      Beef  
                 Meat                      Soups/Stews

Amount   Measure    Ingredient -- Preparation Method

---

1            pound ground beef  
1            medium onion -- chopped (1/2 cup)  
1            package Betty Crocker® Hamburger Helper® mix for  
                 beef pasta  
5            cups water  
1/4        teaspoon salt  
1/8        teaspoon pepper  
1            bay leaf  
1            (16 ounce) can whole tomatoes -- undrained  
1            (10 ounce) package frozen mixed vegetables

Cook beef and onion in Dutch oven over medium heat, stirring occasionally, until beef is brown; drain. Stir in sauce mix, water, salt, pepper, bay leaf and tomatoes, breaking up tomatoes. Heat to boiling, stirring constantly; reduce heat. Cover and simmer 10 minutes, stirring occasionally. Stir in pasta and vegetables. Cover and simmer 10 minutes longer. Remove bay leaf before serving.

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Per serving: 301 Calories (kcal); 10g Total Fat; (29% calories from fat); 20g Protein; 33g Carbohydrate; 47mg Cholesterol; 1020mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; ■ Fruit; 1/2 Fat; ■ Other Carbohydrates

Nutr. Assoc. #9018 0 5726 0 0 0 0 2470 0

\* Exported from MasterCook \*

## Vegetable Burritos

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1	teaspoon	vegetable oil
1	large	onion -- finely chopped (1 cup)
1	medium	green bell pepper -- finely chopped (1 cup)
1	cup	rinsed and drained canned kidney beans
2	teaspoons	salt-free herb seasoning
2	tablespoons	tomato sauce
4		flour tortillas (8 to 10 inches in diameter)
1	large	tomato -- finely chopped (1 cup)
1/2	cup	shredded Mozzarella cheese (2 ounces)
1	cup	plain nonfat yogurt
1	cup	alfalfa sprouts

Heat oven to 350°. Heat oil in 8-inch skillet over medium heat. Cook onion and bell pepper in oil about 5 minutes, stirring frequently, until tender.

Place beans, herb seasoning and tomato sauce in blender or food processor. Cover and blend on medium speed about 20 seconds or until smooth. Spread each tortilla with one-fourth of the bean mixture. Top with onion mixture, tomato, cheese, yogurt and sprouts.

Roll up tortillas, secure with toothpicks. Place in ungreased rectangular pan, 13 × 9 × 2 inches. Bake 10 to 12 minutes or until heated through and

cheese is melted.

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Description:

"Try this dish especially if you're trying to cut down on your meat consumption. The beans take the place of meat and provide fiber along with protein."

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Per serving: 328 Calories (kcal); 9g Total Fat; (23% calories from fat); 15g Protein; 48g Carbohydrate; 14mg Cholesterol; 610mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 3815 20098 0 1666 0 26153 0 0

\* Exported from MasterCook \*

Vegetable Couscous

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
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2	large	tomatoes -- chopped (2 cups)
1	small	red bell pepper -- chopped (1/2 cup)

- 1 clove garlic -- finely chopped
- 1 (15 ounce) can garbanzo beans (15 to 16 ounce can) -- drained
- 1/2 cup chopped green onions (5 medium)
- 1 tablespoon chopped fresh oregano leaves
- OR
- 1 teaspoon dried oregano leaves
- 1 teaspoon paprika
- 1 teaspoon olive or vegetable oil
- 5 cups hot cooked couscous
- 1/4 cup grated Parmesan cheese

Heat all ingredients except couscous and cheese in 2-quart saucepan about 5 minutes, stirring occasionally, until hot. Serve over couscous. Sprinkle with cheese.

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Per serving: 271 Calories (kcal); 3g Total Fat; (9% calories from fat); 11g Protein; 51g Carbohydrate; 3mg Cholesterol; 286mg Sodium  
 Food Exchanges: 3 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Look for couscous where rice is sold or in the ethnic section of the supermarket. It cooks so quickly, you may find it a nice change from rice.

Nutr. Assoc. : 20231 0 0 3502 2665 26053 0 2130706543 0 986 448 0

\* Exported from MasterCook \*

## Vegetable Kung Pao

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	partially defatted roasted peanuts
		OR
1/4	cup	dry-roasted peanuts
1	tablespoon	cornstarch
1	teaspoon	sugar
1	tablespoon	cold water
1/2	cup	fat-free reduced-sodium chicken broth
1	teaspoon	chili purée with garlic
1	(16 ounce) package	frozen broccoli, carrots, red peppers with garbanzo and other beans

Spray nonstick wok or 12-inch skillet with nonstick cooking spray; heat over medium-high heat until cooking spray starts to bubble. Spread peanuts in single layer on paper towel; spray lightly with cooking spray about 2 seconds. Add to wok; stir-fry about 1 minute or until toasted. Immediately remove from wok; cool.

Mix cornstarch, sugar and cold water; set aside. Mix broth and chili purée in wok; heat to boiling. Stir in vegetables. Heat to boiling; reduce heat to medium-low. Cover and cook 5 minutes, stirring several times.

Move vegetables to side of wok. Stir cornstarch mixture into liquid in skillet. Cook and stir vegetables and sauce over high heat about 1 minute or until sauce is thickened. Stir in peanuts.

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Per serving: 110 Calories (kcal); 5g Total Fat; (35% calories from fat); 6g Protein; 12g Carbohydrate; 0mg Cholesterol; 173mg Sodium  
 Food Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; ■ Fruit; 1 Fat; ■ Other Carbohydrates

Nutr. Assoc. : 2130706543 0 0 0 0 20116 2615 1125 0

\* Exported from MasterCook \*

### Vegetable-Kasha Salad

Recipe By :  
 Serving Size : 4 Preparation Time : 0:00  
 Categories : Breads and Sides                      Salads

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	uncooked roasted buckwheat kernels or groats (kasha)
1		egg white
1	cup	boiling water
1/4	cup	thinly sliced green onions (2 to 3 medium)
2	medium	tomatoes -- seeded and coarsely chopped (about 1 1/2 cups)
1	medium	unpeeled cucumber -- seeded and chopped (about 1 1/4 cups)
		Balsamic Vinaigrette -- (recipe follows)

### BALSAMIC VINAIGRETTE

1	tablespoon	olive or vegetable oil
1	tablespoon	balsamic or red wine vinegar
1	teaspoon	sugar

1/4 teaspoon salt  
1/8 teaspoon pepper  
1 clove garlic -- finely chopped

Mix buckwheat and egg white. Cook buckwheat mixture in 8-inch skillet over medium-high heat, stirring constantly, until kernels separate and dry. Transfer buckwheat to medium bowl. Pour boiling water over buckwheat; let stand 10 to 15 minutes or until water is absorbed.

Add green onions, tomatoes and cucumber to buckwheat. Pour Balsamic Vinaigrette over buckwheat mixture; toss. Cover and refrigerate 1 to 2 hours to blend flavors.

#### BALSAMIC VINAIGRETTE:

Shake all ingredients in tightly covered container.

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Per serving: 135 Calories (kcal); 4g Total Fat; (26% calories from fat); 4g Protein; 22g Carbohydrate; 0mg Cholesterol; 159mg Sodium  
Food Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. #217 0 0 20030 20231 3010 2130706543 0 0 986 2140 0 0 0 0

\* Exported from MasterCook \*



## Vegetarian Burger Sandwich

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meatless

Amount	Measure	Ingredient -- Preparation Method
1		unsliced round loaf whole grain or sourdough bread (8 to 10 inches in diameter)
4		frozen soybean-based vegetable burgers -- thawed
1	(7 1/4 ounce) jar	roasted red bell peppers -- drained and sliced
1	(16 ounce) jar	frozen leaf spinach -- thawed and well drained
1/4	cup	chopped onion (about 1 small)
1	clove	garlic -- finely chopped
1		medium tomato -- thinly sliced
1/2	cup	shredded Mozzarella cheese (2 ounces)
1/2	teaspoon	Italian seasoning

Heat oven to 350°. Cut 1-inch slice from top of bread loaf, set aside.  
Remove soft bread from inside of loaf to within 3/4 inch of crust.  
(Reserve bread trimmings for another use.) Arrange burgers on bottom of  
loaf. Top with roasted peppers.

Spray 10-inch skillet with nonstick cooking spray. Cook spinach, onion and  
garlic in skillet, stirring occasionally, until onion is tender. Spread  
spinach mixture over roasted peppers. Top with tomato. Mix cheese and  
Italian seasoning; sprinkle evenly over tomato.

Replace top of bread. Wrap loaf tightly in aluminum foil. Bake about 40  
minutes or until loaf is heated through. Cool 5 minutes. Cut into wedges.

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approved Betty Crocker® Recipe.

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is different from the nutritional information listed in the Betty Crocker®

cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

Description:

"Looking for a satisfying meal but trying to cut back on meat? Here's a sandwich that will hit the spot."

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Per serving: 337 Calories (kcal); 6g Total Fat; (16% calories from fat); 21g Protein; 50g Carbohydrate; 10mg Cholesterol; 755mg Sodium  
Food Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 132 0 0 5088 2679 0 0 26153 0

\* Exported from MasterCook \*

# Vegetarian Chili

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Appetizers Meatless  
Soups/Stews

Amount Measure Ingredient -- Preparation Method

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2 teaspoons vegetable oil  
1 large onion -- chopped (1 cup)  
1 small green bell pepper -- chopped (1/2 cup)  
1 medium zucchini -- cut into 1 x 1/2 x 1/4-inch sticks (2 cups)  
2 cloves garlic -- chopped  
2 (15-ounce) cans pinto beans (15 to 16-ounce cans) -- rinsed and drained  
2 (14 1/2-ounce) cans salsa tomatoes with diced green chilis -- undrained  
2 teaspoons chili powder  
1/4 cup sour cream -- if desired  
Chili powder -- if desired

Heat oil in 4-quart nonstick saucepan over medium-high heat. Cook onion, bell pepper, zucchini and garlic in oil, stirring frequently, until onion is tender. Stir in beans, tomatoes and 2 teaspoons chili powder; reduce heat. Cover and simmer 20 minutes. Serve with a dollop of sour cream; sprinkle with chili powder

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Per serving: 287 Calories (kcal); 7g Total Fat; (19% calories from fat); 13g Protein; 47g Carbohydrate; 6mg Cholesterol; 1212mg Sodium  
Food Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 0 0 0 0 0 26002 2470 0 0 0

\* Exported from MasterCook \*

### Warm Ham and Spinach Salad

Recipe By :  
Serving Size : 6 Preparation Time : 0:00  
Categories : Meat Pork  
Salads

Amount	Measure	Ingredient -- Preparation Method
10	ounces	spinach -- torn into bite-size pieces (8 cups)
6	slices	bacon

- 1 cup cubed fully cooked smoked ham
- 2 medium zucchini -- cut into julienne strips
- 1/3 cup chopped green onions (4 medium)
- Hot Dressing -- (recipe follows)

#### HOT DRESSING

- 1/2 cup water
- 1/4 cup cider vinegar
- 1 tablespoon sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon Dijon mustard
- 1/2 teaspoon celery seed

Place spinach in large serving bowl. Cook bacon in 10-inch skillet over medium-high heat about 5 minutes or until crisp; drain and crumble. Drain fat from skillet. Cook ham, zucchini and green onions in same skillet about 2 minutes, stirring occasionally, until onions are crisp-tender. Add bacon and ham mixture to spinach; toss. Prepare Hot Dressing in same skillet. Pour dressing over spinach mixture; toss. Serve warm.

#### HOT DRESSING:

Heat water and vinegar in skillet until hot. Stir in remaining ingredients. Cook about 1 minute, stirring constantly, until slightly thickened.

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Per serving: 114 Calories (kcal); 6g Total Fat; (43% calories from fat); 8g Protein; 8g Carbohydrate; 18mg Cholesterol; 449mg Sodium  
 Food Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Use leftover ham or pick up a small amount of ham from the deli  
 for this quick, light main-dish salad.

Nutr. Assoc. : 0 0 3650 0 2665 2130706543 0 0 0 0 0 0 0 20209

\* Exported from MasterCook \*

### Warm Thai Chicken Salad

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Poultry Salads

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	vegetable oil
1	clove	garlic -- finely chopped
1		jalapeño chili -- seeded and finely chopped
1	pound	skinless boneless chicken breast halves -- cut into 1/2-inch strips
1	large	red bell pepper -- cut into 1-inch pieces
1	medium	cucumber -- cut lengthwise in half then crosswise into 1/4-inch slices (2 cups)
2		green onions -- sliced
1/4	cup	lime juice
2	tablespoons	soy sauce
1	tablespoon	chopped fresh cilantro
2	teaspoons	sugar
1/4	teaspoon	pepper
		Salad greens
		Dry roasted peanuts -- if desired
		Lime slices -- if desired

Heat oil in 10-inch skillet or wok over medium-high heat. Cook garlic and chili in oil 30 seconds, stirring frequently. Stir in chicken. Cook, stirring occasionally, until chicken is no longer pink in center. Add bell pepper, cucumber and green onions; toss with chicken mixture. Stir in remaining ingredients except salad greens. Heat to boiling, stirring

constantly; boil and stir 30 seconds. Remove from heat.

Divide salad greens among 4 dinner plates. Spoon chicken mixture over salad greens, using slotted spoon. Drizzle liquid from skillet over chicken mixture and salad greens. Garnish with peanuts and lime slices.

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Per serving: 195 Calories (kcal); 5g Total Fat; (23% calories from fat); 28g Protein; 9g Carbohydrate; 66mg Cholesterol; 592mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

NOTES : Be sure to wear rubber or plastic gloves when seeding and chopping the jalapeño chili to prevent irritating your skin.

Nutr. Assoc. : 0 0 26360 2313 0 0 3585 0 0 0 0 4163 2130706543  
2130706543

\* Exported from MasterCook \*

### White Bean and Chicken Chili

Recipe By :  
Serving Size : 4 Preparation Time : 0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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2 cups chopped cooked chicken breast  
 1 1/2 cups chicken broth  
 1 (15 ounce) can cannellini or **great northern** beans (15 to  
 16 ounces) -- rinsed and drained  
 1 (9 ounce) package frozen shoepeg white corn  
 1 (7 ounce) can salsa verde  
 OR  
 3/4 cup green taco sauce  
 1/4 cup chopped fresh cilantro  
 Sour cream -- if desired  
 Salsa -- if desired

Mix chicken, broth, beans, corn and salsa verde in 3-quart saucepan. Heat to boiling; reduce heat. Cover and simmer 15 minutes. Stir in cilantro. Top each serving with sour cream and salsa.

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 Per serving: 330 Calories (kcal); 6g Total Fat; (14% calories from fat); 34g Protein; 39g Carbohydrate; 60mg Cholesterol; 539mg Sodium  
 Food Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

NOTES : Keep cans of chunk chicken on the shelf to use when you don't have time to cook chicken. Or just add another can of beans in place of the chicken and enjoy a vegetarian chili.

Nutr. Assoc. : 2805 0 3564 3476 2130706543 0 1472 0 0 0

\* Exported from MasterCook \*

## White Bean Pita Pizzas

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
4		whole wheat pita breads (4 inches in diameter)
1		small onion -- chopped (1/4 cup)
1		small clove garlic -- finely chopped
1		(15 ounce) can great northern beans (15 to 16 ounces) -- drained and 1/4 cup liquid reserved
2		tablespoons chopped fresh basil leaves
		OR
2		teaspoons dried basil leaves
1		large tomato -- seeded, cut into 1/4 inch pieces
1		large green bell pepper -- cut into 16 thin rings
1		cup shredded reduced-fat Mozzarella cheese (4 ounces)

Heat oven to 425°. Cut pita breads around edge with knife to split in half. Place in ungreased jelly roll pan 15 1/2 x 10 x 1 inch. Bake uncovered about 5 minutes or just until crisp.

Cook onion and garlic in reserved bean liquid in 10-inch nonstick skillet over medium heat 5 minutes, stirring occasionally. Stir in beans; heat through. Place bean mixture and basil in blender or food processor. Cover and blend, or process, until smooth.

Spread about 2 tablespoons bean mixture on each pita bread half. Top each with tomato, bell pepper and cheese. Bake in jelly roll pan 5 to 7 minutes or until cheese is melted.

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Description:

"Who said pizza is junk food? Whole wheat pita bread, great northern beans and fresh vegetables make these appetizer pizzas a wholesome treat!"

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Per serving: 301 Calories (kcal); 6g Total Fat; (17% calories from fat); 19g Protein; 45g Carbohydrate; 15mg Cholesterol; 307mg Sodium  
Food Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; ■ Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 5685 0 0 3564 20028 0 2130706543 0 0 26150

\* Exported from MasterCook \*

Wild Rice and Almond Stuffed Pork Chops

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Grilling Meat

Pork

Amount Measure Ingredient -- Preparation Method

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Wild Rice and Almond Stuffing -- (recipe follows)  
1/3 cup apricot preserves  
1 tablespoon dry white wine  
OR  
1 tablespoon apple juice  
1/8 teaspoon ground cinnamon  
2 1/2 pounds pork loin chops -- 1 inch thick (4 chops)

## WILD RICE AND ALMOND STUFFING

- 1       teaspoon margarine or butter
- 1/3     cup finely chopped celery
- 1       medium green onion -- finely chopped (1 tablespoon)
- 1       cup cooked wild rice
- 1       tablespoon sliced almonds
- 1/4     teaspoon salt
- 1/8     teaspoon pepper

Prepare Wild Rice and Almond Stuffing. Mix apricot preserves, wine and cinnamon. Make a horizontal cut in side of each pork chop on the meatiest side of the bone, forming a pocket (do not cut through to opposite side). Press about 1/3 cup stuffing mixture into each pocket. Secure openings with toothpicks.

Brush grill with vegetable oil. Heat coals or gas grill for direct heat. Cover and grill pork 4 to 5 inches from medium-low heat 40 to 45 minutes, brushing occasionally with apricot mixture and turning 2 to 3 times, until pork is slightly pink when cut near bone on the unstuffed sides of chops. Remove toothpicks; discard any remaining apricot mixture.

## WILD RICE AND ALMOND STUFFING:

Melt margarine in 8-inch skillet over medium heat. Cook celery and green onion in margarine, stirring frequently, until celery is crisp-tender. Stir in remaining ingredients. Makes about 1 1/3 cups.

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Per serving: 374 Calories (kcal); 12g Total Fat; (29% calories from fat); 38g Protein; 27g Carbohydrate; 89mg Cholesterol; 239mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; ■ Fruit; 1/2 Fat; 1 Other Carbohydrates

NOTES : Quick-cooking wild rice is faster to prepare than regular wild rice and is equally delicious. If you can't find wild rice, try a wild rice blend or brown rice instead.

Nutr. Assoc. : 2130706543 0 0 0 2130706543 0 4576 0 0 4098 0 ■ ■ 0 ■ 0

\* Exported from MasterCook \*

### Winter Baked Pasta

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Meatless Pasta

Amount Measure Ingredient -- Preparation Method

6	cups	hot cooked tricolored wheel-shaped pasta
3	cups	cooked broc-o-flower or broccoli flowerets (about 1 pound)
3	cups	peeled and chopped cooked acorn, buttercup or butternut squash
1/2	cup	chopped green onions
1/2	cup	chopped celery
2	cups	milk
1	cup	part-skim or regular Ricotta cheese
1	tablespoon	cornstarch
1	teaspoon	salt
1/2	teaspoon	pepper
1/4	teaspoon	ground nutmeg
1	clove	garlic -- finely chopped

- 1/2 cup soft bread crumbs
- 2 tablespoons grated fresh Parmesan cheese
- 2 tablespoons shredded Gouda cheese

Heat oven to 375°. Grease 3-quart casserole. Mix pasta, broc-o-flower, squash, green onions and celery. Mix milk, Ricotta, cornstarch, salt, pepper and nutmeg. Pour over pasta, mix well. Spoon into casserole. Sprinkle with remaining ingredients. Bake uncovered about 35 minutes or until golden brown.

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Per serving: 391 Calories (kcal); 9g Total Fat; (19% calories from fat); 19g Protein; 61g Carbohydrate; 28mg Cholesterol; 551mg Sodium  
Food Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates

Nutr. Assoc. #2836 1538 2017 0 0 0 20167 0 0 0 0 0 0 5684

\* Exported from MasterCook \*

#### Yogurt-Lime-Marinated Chicken

Recipe By :  
Serving Size : 6 Preparation Time :0:00  
Categories : Poultry

Amount	Measure	Ingredient -- Preparation Method
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3	pounds	cut-up broiler-fryer chicken (3 to 3 1/2 pounds)
1/4	teaspoon	salt
1/8	teaspoon	pepper
3/4	cup	plain low-fat yogurt
1	tablespoon	vegetable oil
1	tablespoon	lime juice
1	teaspoon	honey
1	teaspoon	finely chopped gingerroot
1	clove	garlic -- finely chopped
1	medium	lime -- thinly sliced

Place chicken in shallow glass or plastic dish. Sprinkle with salt and pepper. Mix remaining ingredients except lime slices; pour evenly over chicken. Cover and refrigerate at least 1 hour but no longer than 24 hours, turning occasionally.

Heat oven to 375°. Remove chicken from marinade; discard marinade. Arrange chicken, skin sides up, in ungreased rectangular pan, 13 x 9 x 2 inches. Arrange lime slices on chicken. Cover and bake 20 minutes. Remove lime slices; discard. Bake uncovered about 40 minutes longer or until juice of chicken is no longer pink when centers of thickest pieces are cut. Garnish with additional lime slices if desired.

Grilling Directions: Heat coals or gas grill. Cut lime in half instead of into slices. Place marinated chicken, skin sides up, on grill. Squeeze juice from lime halves over chicken. Cover and grill 5 to 6 inches from medium heat 15 minutes; turn chicken. Cover and grill 20 to 40 minutes longer, turning occasionally, until juice is no longer pink when centers of thickest pieces are cut.

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Per serving: 209 Calories (kcal); 10g Total Fat; (42% calories from fat); 25g Protein; 5g Carbohydrate; 71mg Cholesterol; 197mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Nutr. Assoc. : 5829 0 0 0 0 0 0 26086 0 0

\* Exported from MasterCook \*

### Yummy Black Bean Hummus

Recipe By :  
Serving Size : 64 Preparation Time : 0:00  
Categories : Appetizers Dips, Spreads & Salsas

Amount	Measure	Ingredient -- Preparation Method
1	(15 ounce) can	black beans -- rinsed and drained
15	ounces	garbanzo beans (chick peas) -- rinsed and drained
1/2	cup	water
		OR
1/2	cup	bean liquid
3	tablespoons	lemon juice
2	tablespoons	olive or vegetable oil
1	teaspoon	sesame oil
1/4	teaspoon	ground cumin
		Salt and pepper to taste

- 2 cloves garlic -- finely chopped
- 2 tablespoons chopped fresh parsley
- Pita bread or raw vegetables -- if desired

Place all ingredients except parsley and pita bread in blender. Cover and blend on medium speed until smooth. Place in serving bowl. Sprinkle with parsley. Cover and refrigerate about 2 hours or until chilled. Serve with pita bread.

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Description:

"Add a twist to traditional hummus, usually made with only garbanzo beans, by using black beans. Try it at your next fiesta."

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Yield:

"4 Cups"

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Per serving: 18 Calories (kcal); 1g Total Fat; (30% calories from fat); 1g Protein; 2g Carbohydrate; 0mg Cholesterol; 40mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Nutr. Assoc. #578 2603 0 0 2130706543 0 986 0 0 0 0 2130706543

\* Exported from MasterCook \*

Zesty Beef with Bow-tie Pasta

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Beef Meat

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	beef boneless sirloin steak
1	pound	asparagus -- cut into 2-inch pieces (3 cups)
	OR	
2	(10 ounce) packages	frozen asparagus cuts -- thawed
2	medium	onions -- sliced
1 1/2	cups	beef broth
4	cups	cooked farfalle (bow-tie) pasta
1	cup	tomato purée
3	tablespoons	chopped fresh basil leaves
	OR	
1	tablespoon	dried basil leaves
3	tablespoons	chopped sun-dried tomatoes (not oil-packed)
1/4	teaspoon	pepper
2	tablespoons	grated Parmesan cheese

Trim fat from beef. Cut beef across grain into 2-inch strips; cut strips crosswise into 1/8-inch slices. Spray 12-inch skillet with nonstick cooking spray; heat over medium heat. Cook asparagus, onions and 1 cup of the broth in skillet 5 to 7 minutes, stirring occasionally, until liquid has evaporated; remove mixture from skillet.

Cook beef in skillet over medium heat about 2 minutes, stirring frequently, until no longer pink. Return vegetable mixture to skillet. Stir in remaining 1/2 cup broth and remaining ingredients except cheese. Cook about 2 minutes, stirring frequently until hot. Sprinkle with cheese.

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 Per serving: 188 Calories (kcal); 2g Total Fat; (7% calories from fat); 8g Protein; 37g Carbohydrate; 1mg Cholesterol; 431mg Sodium  
 Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; ■ Fat; 0 Other Carbohydrates

Nutr. Assoc. : 4932 0 0 2130706543 0 26439 2845 0 20028 0 2130706543 20180  
 0 0

\* Exported from MasterCook \*

### Zesty Lime Steak

Recipe By :  
 Serving Size : 8 Preparation Time : 0:00  
 Categories : Beef Grilling  
 Meat

Amount	Measure	Ingredient -- Preparation Method
2	pounds	beef boneless top round steak -- about 1 inch thick
1/2	teaspoon	grated lime peel
1/3	cup	lime juice
1/4	cup	tomato juice
1	tablespoon	chopped fresh cilantro or parsley
2	teaspoons	vegetable oil
1/4	teaspoon	salt
1/8	teaspoon	red pepper sauce
2	cloves	garlic -- finely chopped

Pierce beef with fork several times on both sides. Mix remaining ingredients in shallow nonmetal dish or heavy-duty resealable plastic bag. Add beef; turn to coat with marinade. Cover dish or seal bag and

refrigerate at least 8 hours, but no longer than 24 hours, turning beef occasionally.

Heat coals or gas grill. Remove beef from marinade; discard marinade. Cover and grill beef 4 to 5 inches from medium heat 25 to 30 minutes for medium doneness (160°), turning once. Cut beef across grain into thin slices.

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Per serving: 172 Calories (kcal); 7g Total Fat; (36% calories from fat); 25g Protein; 2g Carbohydrate; 66mg Cholesterol; 159mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; ■ Fat; 0 Other Carbohydrates

NOTES : Round steak is among the leanest beef cuts. "Select" is the leanest grade of beef, with less fat than either "choice" beef or "prime" beef.

Nutr. Assoc. : 2228 20217 0 0 20056 0 0 1471 0

\* Exported from MasterCook \*

Zesty Sangria Chicken

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Poultry

Amount Measure Ingredient -- Preparation Method

Sangria Salsa -- (recipe follows)

1/2 cup white grape juice  
1 tablespoon Dijon mustard  
1/4 teaspoon pepper  
3 pounds cut-up broiler-fryer chicken (3 to 3 1/2 pounds)

SANGRIA SALSA

1 cup grape halves  
1 cup coarsely chopped strawberries  
1 small orange -- peeled, sectioned and coarsely chopped  
1/3 cup white grape juice  
2 jalapeño chilis -- seeded and finely chopped  
Dash crushed red pepper

Prepare Sangria Salsa. Mix grape juice, mustard and pepper in rectangular microwavable dish, 11 x 7 x 1 1/2 inches. Add chicken; turn to coat with marinade. Cover and refrigerate at least 2 hours but no longer than 24 hours, turning chicken occasionally.

Arrange chicken, thickest parts to outside edges, in dish. Cover with plastic wrap, folding back one corner to vent. Microwave on High 10 to 12 minutes, rotating dish 1/2 turn after 5 minutes, until edges of chicken begin to cook. Remove chicken from marinade; reserve marinade.

Heat coals or gas grill. Cover and grill chicken, skin sides up, 4 to 6 inches from medium heat 15 to 20 minutes, brushing with marinade and turning occasionally, until juice is no longer pink when centers of thickest pieces are cut. Discard any remaining marinade. Serve with salsa.

SANGRIA SALSA:

Mix grapes, strawberries and orange. Place 1/2 cup of the fruit mixture in blender. Add grape juice. Cover and blend on high speed about 15 seconds

or until smooth. Toss blended mixture, remaining fruit mixture, chilis and red pepper. Cover and refrigerate at least 2 hours, but no longer than 24 hours, to blend flavors.

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Per serving: 214 Calories (kcal); 7g Total Fat; (30% calories from fat); 24g Protein; 13g Carbohydrate; 69mg Cholesterol; 119mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1 Fruit; 0 Fat; ■ Other Carbohydrates

NOTES : Who can resist a grill full of barbecued chicken? Partially cooking the chicken in the microwave before grilling reduces the grilling time and keeps the chicken moist and juicy.

Nutr. Assoc. : 2130706543 654 0 0 5829 0 0 3556 1436 0 654 26360 0

\* Exported from MasterCook \*

### Zesty Shrimp Bites

Recipe By :  
Serving Size : 60 Preparation Time :0:00  
Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
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6		uncooked manicotti shells
1	(8 ounce) package	cream cheese -- softened
1/2	cup	margarine, butter or spread -- softened
1/2	cup	mayonnaise
		OR
1/2	cup	salad dressing
1/4	cup	sliced pimiento-stuffed olives
1/2	teaspoon	red pepper sauce
1/2	cup	sliced green onions -- including tops (5 medium)
1	(10 ounce) package	frozen cooked shrimp -- thawed, drained and chopped
		Sliced green onions -- if desired

Cook and drain manicotti as directed on package; pat dry. Place remaining ingredients in food processor. Cover and process about 30 seconds or until smooth. Fill manicotti with cream cheese mixture. Place in shallow container. Cover tightly with plastic wrap and refrigerate about 2 hours or until firm.

Cut manicotti into about 1/2-inch slices. Arrange slices on serving plate. Sprinkle with additional sliced green onions.

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Per serving: 52 Calories (kcal); 5g Total Fat; (77% calories from fat); 2g Protein; 1g Carbohydrate; 14mg Cholesterol; 55mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; ■ Fruit, 1/2 Fat, 0 Other Carbohydrates

NOTES : Use a pastry bag with a wide tip to fill the manicotti shells quickly and easily.

Nutr. Assoc. : 305 0 4098 0 0 2130706543 4281 1471 0 2842 0

\* Exported from MasterCook \*

### Zippy Red Snapper and Zucchini

Recipe By :

Serving Size : 4 Preparation Time : 0:00

Categories : Seafood

Amount	Measure	Ingredient -- Preparation Method
1		pound red snapper or other lean fish fillets -- cut into 4 serving pieces
		Tomato Chili Sauce -- (recipe follows)
2	tablespoons	grated Parmesan cheese
2		small zucchini -- cut into 1/4-inch slices (3 cups)
1/4	teaspoon	garlic salt
1/4	cup	coarsely shredded carrot

#### TOMATO CHILI SAUCE

1	cup	chili sauce
2	teaspoons	prepared horseradish
2	teaspoons	lemon juice
1/4	teaspoon	Worcestershire sauce
1/8	teaspoon	salt

Arrange fish, thickest parts to outside edge, in microwavable pie plate, 9 × 1 1/4 inches. Cover with plastic wrap, folding back one side to vent. Microwave on High 3 minutes; drain.

Prepare Tomato Chili Sauce. Spread 1 tablespoon of the sauce over each piece of fish. Sprinkle 1 tablespoon of the cheese over fish. Place zucchini slices on fish. Sprinkle with garlic salt and remaining cheese. Re-cover and microwave on High 3 to 4 minutes or until fish flakes easily with fork. Top with carrot. Serve with remaining sauce.

## TOMATO CHILI SAUCE:

Mix all ingredients in 2-cup microwavable measure. Microwave uncovered on High 1 to 2 minutes or until hot. Stir before serving.

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Please note, if you should change this recipe it will no longer be an approved Betty Crocker® Recipe.

You may notice that the nutritional information calculated by MasterCook is different from the nutritional information listed in the Betty Crocker® cookbooks. Because MasterCook and Betty Crocker® use different nutritional analysis programs and different nutrient databases, variations in results are expected.

## Description:

"Lots of flavor and only 2 grams of fat per serving. Plus, using the microwave makes this meal a snap to prepare."

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Per serving: 156 Calories (kcal); 2g Total Fat; (14% calories from fat); 26g Protein; 7g Carbohydrate; 44mg Cholesterol; 345mg Sodium  
Food Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; ■ Fat; 0 Other Carbohydrates

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\* Exported from MasterCook \*

## Zucchini Lasagna

Recipe By :

Serving Size : 8 Preparation Time : 0:00

Categories : Meatless Pasta

Amount	Measure	Ingredient	-- Preparation Method
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3 cups chunky spaghetti sauce  
1 cup shredded zucchini (about 1 medium)  
6 uncooked lasagna noodles  
1 cup Ricotta or small-curd creamed cottage  
cheese  
1/4 cup grated Parmesan cheese  
1 tablespoon chopped fresh oregano  
OR  
1 teaspoon dried oregano leaves  
2 cups shredded Mozzarella cheese (8 ounces)

Heat oven to 350°. Mix spaghetti sauce and zucchini. Spread 1 cup mixture in ungreased rectangular baking dish, 11 x 7 x 1 1/2 inches. Top with 3 noodles. Mix Ricotta cheese, Parmesan cheese and oregano; spread over noodles in dish. Spread with 1 cup of the spaghetti sauce mixture. Top with remaining noodles, sauce mixture and Mozzarella cheese. Bake uncovered about 45 minutes or until hot and bubbly. Let stand 15 minutes before cutting.

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Per serving: 244 Calories (kcal); 13g Total Fat; (47% calories from fat); 14g Protein; 18g Carbohydrate; 37mg Cholesterol; 819mg Sodium  
Food Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates

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\* Exported from MasterCook \*

## Zucchini Snackers

Recipe By :

Serving Size : 6 Preparation Time : 0:00

Categories : Appetizers

Amount	Measure	Ingredient -- Preparation Method
1		medium zucchini (1 1/2 inches in diameter)
1/3	cup	fat-free cream cheese -- softened
		OR
1/3	cup	reduced-fat cream cheese (Neufchâtel) -- softened
1/4	cup	finely chopped red bell pepper
2	tablespoons	chopped fresh parsley
1/2	teaspoon	onion-and-herb seasoning mix
		OR
1/2	teaspoon	onion powder
2	drops	red pepper sauce

Cut zucchini lengthwise into 6 strips. Cut each strip crosswise in half, trim each piece to 2 inches. Mix remaining ingredients. Spoon 2 to 3 teaspoons bell pepper spread on each piece of zucchini.

6 servings (2 appetizers each)

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Yield:

"8 Appetizers"

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Per serving: 19 Calories (kcal); trace Total Fat, (10% calories from fat); 2g Protein; 2g Carbohydrate; 1mg Cholesterol; 70mg Sodium  
Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

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\* Exported from MasterCook \*

### Zucchini-Apricot Bread

Recipe By :

Serving Size : 24 Preparation Time :0:00

Categories : Breads and Sides

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	zucchini -- shredded (1 medium)
3/4	cup	sugar
1/4	cup	vegetable oil
3		egg whites
		OR
1/2	cup	fat-free cholesterol-free egg product
1 1/2	cups	all-purpose flour
1	teaspoon	ground cinnamon
2	teaspoons	vanilla
3/4	teaspoon	baking soda
1/2	teaspoon	salt
1/4	teaspoon	baking powder
1/4	teaspoon	ground cloves
1/2	cup	finely chopped dried apricots
		Fat-free cream cheese -- if desired

Heat oven to 350°. Spray loaf pan, 8 1/2 x 4 1/2 x 2 1/2 or 9 x 5 x 3 inches, with nonstick cooking spray. Mix zucchini, sugar, oil and egg

whites in large bowl. Stir in remaining ingredients except apricots and cream cheese. Stir in apricots. Pour into pan.

Bake 1 hour to 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan. Cool completely on wire rack before slicing. Serve with cream cheese.

1 loaf (24 slices)

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Yield:  
"1 Loaf"

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Per serving: 84 Calories (kcal); 2g Total Fat; (25% calories from fat); 1g Protein; 14g Carbohydrate; 0mg Cholesterol; 96mg Sodium  
Food Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates

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